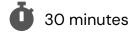






Salmon Poké Bowl

The poké (pronounced po-kay) bowl is a popular Hawaiian dish with pink salmon and fresh toppings. This version is full of goodness with avocado, crunchy cucumber and a zingy ginger dressing.





2 servings



Fish

There are many fun garnishes you can add to your bowl! Try adding some sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use grilled chicken or even prawns and add mango or radishes.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

27g

78g

FROM YOUR BOX

SUSHI RICE	150g
GINGER	1 piece
ORANGE	1
AVOCADO	1
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
CORIANDER	1 packet
SALMON FILLETS	1 packet
SESAME SEEDS	10g

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

For seasoned sushi rice, add 2 tbsp rice wine vinegar and 1/2 tbsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

For extra flavour, add the sesame seeds to dry frypan to toast for 3-4 minutes until golden. Remove from pan and cook salmon.



Scan the QR code to submit a Google review!



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed (see notes).



2. MAKE THE DRESSING

Peel and grate **ginger** to yield 1/2 tbsp. Whisk together with juice from 1/2 orange, 1 tbsp sesame oil and 1 tbsp soy sauce. Set aside.



3. PREPARE THE TOPPINGS

Dice remaining 1/2 orange, avocado, cucumber and capsicum. Chop coriander. Set aside.



4. COOK THE SALMON

Heat a frypan over medium-high heat (see notes). Coat salmon with 1/2 tsp sesame oil and 1 tsp soy sauce. Add to pan and cook for 3-4 minutes each side until cooked through.



5. FINISH AND SERVE

Divide **rice** and **toppings** among bowls. Break **salmon** apart and add to bowls. Spoon over **dressing** to taste and sprinkle with **sesame seeds**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0448 042 515 or send an email to hello@dinnertwist.com.au



