



### Product Spotlight: Sushi Rice

Sushi is made using a special Japanese white hulled rice, commonly called sushi rice. It is a high-quality, short-grain rice that is sticky and slightly sweet.



## 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.



30 minutes



4/6 servings



Fish

### Spice it up!

*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
	34g	23g	74g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
GINGER	1 piece	2 pieces
ORANGE	1	2
AVOCADO	1	2
LEBANESE CUCUMBERS	2	3
YELLOW CAPSICUM	1	2
CORIANDER	1 packet	1 packet
SALMON FILLETS	2 packets	3 packets
SESAME SEEDS	10g	2 x 10g

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari)

## KEY UTENSILS

frypan, saucepan

## NOTES

For seasoned sushi rice, add 1/4 cup rice wine vinegar and 1 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 sesame seeds to dry frypan to toast for 3-4 minutes until golden. Remove from pan and cook salmon.



### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml 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).

**6P** – place rice in a saucepan with 975ml water.



### 4. COOK THE SALMON

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

**6P** – coat salmon with 1 1/2 tsp sesame oil and 3 tsp soy sauce.



### 2. MAKE THE DRESSING

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

**6P** – peel and grate ginger. Mix with juice from 2 oranges, 3 tbsp sesame oil and 3-4 tbsp soy sauce.



### 3. PREPARE THE TOPPINGS

Dice **avocado**, **cucumbers** and **capsicum**. Chop **coriander**. Set aside.



### 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**.



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