



Product Spotlight:

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 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
	35g	34g	73g

FROM YOUR BOX

SUSHI RICE	300g
GINGER	1 piece
ORANGE	1
AVOCADO	1
LEBANESE CUCUMBERS	2
YELLOW CAPSICUM	1
CORIANDER	1 packet
SALMON FILLETS	2 packets
SESAME SEEDS	1 packet

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 1.5 x 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 tbsp. Whisk together with **orange juice**, **2 tbsp sesame oil** and **2 tbsp soy sauce**. Set aside.



3. PREPARE THE TOPPINGS

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



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.



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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