



# SEARED SALMON 'SUSHI' BOWL

with Avocado & Wasabi Mayo



Add salmon to a Japanese style bowl



Ginger



Garlic



Basmati Rice



Asian Greens



Avocado



Wasabi Mayonnaise (Optional)



Salmon



Black Sesame Seeds



Hands-on: **25** mins  
Ready in: **30** mins



Eat me first



Naturally gluten-free  
*Not suitable for Coeliacs*



Spicy (optional wasabi mayonnaise)

All the flavour of a sushi roll but all loaded into a wholesome bowl - from the tasty rice, succulent salmon, crunchy cucumber and creamy avocado, all topped off with a generous drizzle of warming wasabi mayo... this dish will give your local sushi train a run for its money.

**Pantry Staples:** Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce)



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **medium frying pan**



### 1 COOK THE GARLIC GINGER RICE

Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and a **dash** of **olive oil** over a medium heat. Add the garlic and ginger and cook for **1-2 minutes**, or until fragrant. Add the **basmati rice**, **water (for the rice)** and **salt** to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered for **10 minutes**, or until the rice is tender and the water has absorbed.

💡 **TIP:** The rice will finish cooking in its own steam so don't peek!



### 4 COOK THE SALMON

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**.

💡 **TIP:** Patting the skin dry helps it crisp up in the pan! When the oil is hot, add the salmon to the pan, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through. Transfer to a plate.



### 2 PREP THE VEG

While the rice is cooking, roughly chop the **Asian greens**. Thinly slice the **avocado**.



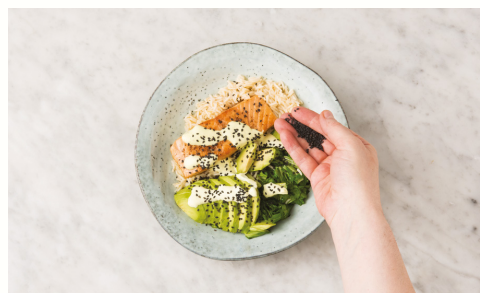
### 5 COOK THE ASIAN GREENS

Wipe out the frying pan with paper towel and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **Asian greens** and cook for **1-2 minutes** or until wilted. Season with **salt** and **pepper**. Stir **1/2** the **black sesame seeds** through the rice.



### 3 LOOSEN THE WASABI MAYO

💡 **TIP:** Wasabi has a strong horseradish flavour so use less if you aren't a fan or add a little plain mayo from the pantry to mellow it. In a small bowl, combine the **wasabi mayonnaise** (if using) and **water (for the mayo)**. 💡 **TIP:** Adding water to the wasabi mayo will make it easier to drizzle.



### 6 SERVE UP

Divide the garlic ginger rice between bowls. Top with the salmon, Asian greens, avocado and drizzle with the wasabi mayo (if using). Sprinkle with the remaining sesame seeds and drizzle with a little **soy sauce** if you like.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
Asian greens	1 bunch	2 bunches
avocado	1	2
wasabi mayonnaise (optional)	1 tub (40 g)	2 tubs (80 g)
water* (for the mayo)	2 tsp	1 tbs
salmon	1 packet	1 packet
black sesame seeds	1 sachet	2 sachets
soy sauce* (or gluten-free tamari soy sauce)	drizzle	drizzle

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (865Cal)	981kJ (234Cal)
Protein (g)	36.1g	9.8g
Fat, total (g)	51.4g	13.9g
- saturated (g)	12.3g	3.3g
Carbohydrate (g)	62.7g	17.0g
- sugars (g)	1.6g	0.4g
Sodium (g)	565mg	153mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://HelloFresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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