



# Ponzu Salmon Poke Bowl

with Sesame Rice & Snow Pea Slaw

Grab your Meal Kit with this symbol



Jasmine Rice



Japanese Dressing



Mixed Sesame Seeds



Onion



Snow Peas



Shredded Red Cabbage



Sesame Dressing



Mixed Leaves



Salmon



Ponzu



Crispy Shallot



Coconut Sweet Chilli Mayonnaise

Hands-on: **15-25 mins**  
Ready in: **25-35 mins**

Eat Me First

Tonight, it's all about capturing the flavour of a sushi roll but all loaded into a colourful bowl - from the sesame rice, succulent salmon to creamy slaw, all topped off with a generous dollop of coconut sweet chilli mayo... this dish will give your local poke joint a run for its money.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
mixed sesame seeds	1 packet	2 packets
onion	½	1
white wine vinegar*	¼ cup	½ cup
snow peas	1 small bag	1 medium bag
shredded red cabbage	1 medium bag	1 large bag
sesame dressing	1 packet (30g)	1 packet (60g)
mixed leaves	1 small bag	1 medium bag
salmon	1 packet	2 packets
ponzu	1 medium packet	1 large packet
crispy shallots	1 medium packet	2 medium packets
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4237kJ (1012Cal)	812kJ (194Cal)
Protein (g)	42g	8.1g
Fat, total (g)	56.6g	10.9g
- saturated (g)	8.6g	1.6g
Carbohydrate (g)	81.3g	15.6g
- sugars (g)	12.3g	2.4g
Sodium (mg)	847mg	162mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the rice

- Add the **water** to a medium saucepan and bring to boil. Add **jasmine rice** and a pinch of **salt**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Stir through **Japanese dressing** and 1/2 the **mixed sesame seeds**.

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

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## Cook the greens & salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **mixed leaves** until just wilted, **1-2 minutes**. Season. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Pat **salmon** dry with paper towel, then season both sides with **salt** and **pepper**.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Remove pan from heat, then add **ponzu**, turning to coat.

**TIP:** Patting the salmon skin dry helps it crisp up in the pan!

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## Get prepped

- While rice is cooking, thinly slice **onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.
- Trim **snow peas**, then thinly slice lengthways.
- In a large bowl, combine **snow peas**, **shredded red cabbage** and **sesame dressing**. Season to taste. Set aside.

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## Serve up

- Drain pickled onion. Divide sesame rice between bowls. Top with slaw, stir-fried greens and ponzu salmon, spooning over any remaining sauce from pan.
- Sprinkle with remaining sesame seeds.
- Top with pickled onion, **crispy shallots** and **coconut sweet chilli mayonnaise** to serve.

Enjoy!