



# Sweet-Soy Salmon Poke Bowl

with Pickled Radish & Sriracha Mayo

Grab your Meal Kit  
with this symbol



Jasmine Rice



Radish



Mixed Sesame  
Seeds



Salmon



Sweet Soy  
Seasoning



Shredded Cabbage  
Mix



Ponzu Sauce



Sriracha



Mayonnaise



Herbs



Pulled  
Chicken

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30** mins  
Ready in: **25-35** mins



Eat Me Early\*  
\*Custom Recipe Only



Eat Me First\*

A salmon poke bowl, we say yes please! A sweet-soy sensation with sesame seeds sprinkled over, this salmon is both tasty and tender. Adding something special to this dish is the pickled radish with everything drizzled in our sriracha and mayo sauce. Dig in.



**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Rice 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
radish	2	4
rice wine vinegar*	¼ cup	½ cup
mixed sesame seeds	1 sachet	1 sachet
salmon	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ponzu sauce	1 packet (30g)	1 packet (60g)
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	1 packet (40g)	1 packet (80g)
herbs	1 bag	1 bag
pulled chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3567kJ (853Cal)	879kJ (210Cal)
Protein (g)	37.6g	9.3g
Fat, total (g)	42.1g	10.4g
- saturated (g)	7.1g	1.7g
Carbohydrate (g)	78.3g	19.3g
- sugars (g)	13.9g	3.4g
Sodium (mg)	1362mg	335mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2764kJ (661Cal)	755kJ (180Cal)
Protein (g)	31.6g	8.6g
Fat, total (g)	22.4g	6.1g
- saturated (g)	3.7g	1g
Carbohydrate (g)	80g	21.9g
- sugars (g)	13.9g	3.8g
Sodium (mg)	1469mg	401mg

The quantities provided above are averages only.

\*Custom Recipe is not Eat Me First

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain and return to saucepan.
- While rice is cooking, thinly slice **radish**.
- In a medium bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add **radish** to **pickling liquid** with just enough **water** to cover radish. Set aside.
- While radish is pickling, heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

**TIP:** Slicing the radish very thinly helps it pickle faster!

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## Bring it all together

- While the salmon is cooking, combine **shredded cabbage mix**, **ponzu sauce** and a drizzle of **olive oil** in a large bowl. Season to taste.
- In a small bowl, combine **sriracha**, **mayonnaise** and a splash of **water**. Season to taste. Set aside.
- To the **rice**, add some **pickling liquid** (2 tbs for 2 people / 1/4 cup for 4 people) and season to taste with **salt** and **pepper**.

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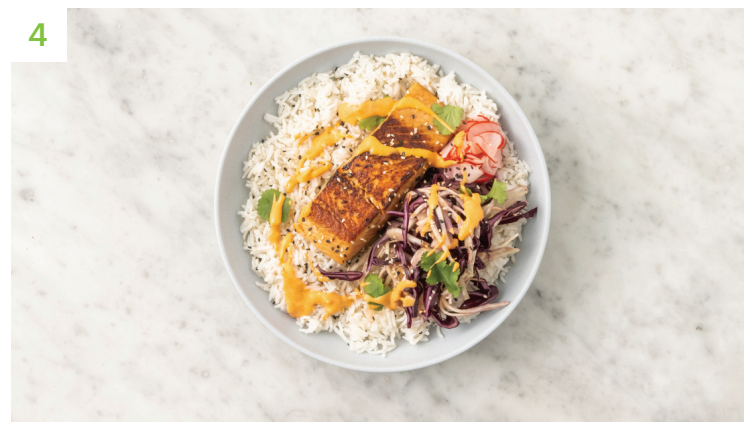
## Cook the salmon

- Pat **salmon** dry with a paper towel. In a medium bowl, combine **salmon**, **sweet soy seasoning**, a pinch of **salt** and a drizzle of **olive oil**.
- Return the frying pan to medium heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

### CUSTOM RECIPE

If you've swapped salmon to pulled chicken, return frying pan to medium-high heat with a drizzle of olive oil. Cook pulled chicken, sweet soy seasoning and a pinch of salt, breaking up with a spoon, until browned, 2-3 minutes. Transfer to a bowl and cover to keep warm.

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## Serve up

- Drain pickled radish.
- Divide jasmine rice between bowls.
- Top with sweet-soy salmon, slaw and pickled radish.
- Garnish with toasted sesame seeds and tear over **herbs**. Drizzle over sriracha mayo to serve.

## Enjoy!