



Sweet-Soy Salmon Poke Bowl

with Brown Rice & Sesame Pear Slaw

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Pear



Cucumber



Mixed Sesame Seeds



Sweet Soy Seasoning



Sriracha



Ponzu Sauce



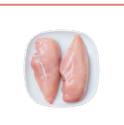
Crispy Shallots



Salmon



Slaw Mix



Chicken Breast



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Finish off the day feeling rejuvenated with a salmon poke bowl. Nourishing for the body and soul, the salmon is seasoned with sweet and soy flavours that pop against the brown rice. It's a breath of fresh air in a bowl.

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

Pantry items

Olive Oil, Vinegar (Rice Wine or White Wine), Honey, Sesame Oil

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	3 cups	6 cups
brown rice	1 packet	2 packets
vinegar* (rice wine or white wine)	drizzle	drizzle
pear	1	2
cucumber	1 (medium)	1 (large)
mixed sesame seeds	1 sachet	1 sachet
salmon	1 packet	2 packets
sweet soy seasoning	½ sachet	1 sachet
sriracha	1 packet (20g)	1 packet (40g)
honey*	1 tsp	2 tsp
slaw mix	1 bag (150g)	1 bag (300g)
ponzu sauce	½ packet	1 packet
sesame oil*	drizzle	drizzle
crispy shallots	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3105kJ (742Cal)	744kJ (178Cal)
Protein (g)	36.8g	8.8g
Fat, total (g)	38.9g	9.3g
- saturated (g)	7.4g	1.8g
Carbohydrate (g)	64.8g	15.5g
- sugars (g)	11.8g	2.8g
Sodium (mg)	837mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2560kJ (612Cal)	585kJ (140Cal)
Protein (g)	41.3g	9.4g
Fat, total (g)	22.2g	5.1g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	64.8g	14.8g
- sugars (g)	11.8g	2.7g
Sodium (mg)	871mg	199mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW10



1



Cook the brown rice

- In a medium saucepan, bring the **water** and **brown rice** to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**.
- Drain and return **rice** to the saucepan. Add a drizzle of **vinegar** and season to taste.

3



Cook the salmon

- When the rice has **10 minutes** remaining, heat a large frying pan with a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate to rest.
- Meanwhile, combine **sriracha**, the **honey** and a splash of **water** in a small bowl. Season with **salt** and **pepper**, then set aside.

Custom Recipe: Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Transfer to a plate to rest. Continue with step.

2



Get prepped

- While rice is cooking, thinly slice **pear**. Slice **cucumber** into half-moons.
- Spread **mixed sesame seeds** over a plate. Pat **salmon** dry with a paper towel.
- In a medium bowl, combine **salmon**, **sweet soy seasoning** (see ingredients), a drizzle of **olive oil** and a pinch of **salt**. Press **salmon**, skin-side down, into **sesame seeds** to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Season and coat chicken as above.

4



Serve up

- Meanwhile, combine pear, **slaw mix**, cucumber, **ponzu sauce** (see ingredients) and a drizzle of **sesame oil** and vinegar in a large bowl. Season to taste.
- Divide brown rice between bowls. Top with sweet-soy salmon and pear slaw. Drizzle over honey-sriracha sauce.
- Garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

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