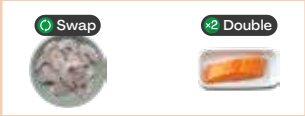




# Sesame Salmon Poke Bowl

## with Sticky Rice

Family Friendly 25 - 35 Minutes



Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Shrimp  
285 g | 570 g

Salmon Fillets, skin on  
500 g | 1000 g



Salmon Fillets, skin-on  
250 g | 500 g



Sticky Rice  
3/4 cup | 1 1/2 cup



Edamame  
56 g | 113 g



Soy Sauce  
2 tbsp | 4 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Carrot  
1 | 2



Green Onion  
1 | 2



Shanghai Bok Choy  
1 | 2



**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, whisk

1



## Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **sticky rice** to a medium pot, then cover **rice** with **cold water**. Using your hand, swirl to rinse **rice**.
- Pour off **cloudy water** and refill with **cold water**. Repeat until **water** rinses clear.
- Add **1 ¼ cups** (2 ½ cups) **fresh water** and **⅛ tsp** (¼ tsp) **salt**. Bring to a boil over high heat.
- Once boiling, cover and reduce heat to medium-low. Cook until **rice** is tender and **water** is absorbed, 12-15 min.
- Remove the pot from heat. Set aside, still covered, for 5 min.

4



## Cook veggies

- Heat a large non-stick pan over medium heat.
- When hot, add **edamame**, **carrots** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until **carrots** are tender-crisp, 4-5 min.
- Add **remaining sesame oil** and **bok choy**. Cook, stirring constantly, until **bok choy** is tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

2



## Prep and cook salmon

🔄 Swap | **Shrimp**

\*2 Double | **Salmon Fillets**

- Meanwhile, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet. Drizzle **1 tsp** (2 tsp) **oil** over top. Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*

5



## Make sesame glaze

- Reduce heat to medium-low.
- Add **sesame-soy mixture** to the same pan. Cook, stirring constantly, until thickened slightly, 1 min.
- Remove the pan from heat.
- Once **salmon** is cooked, carefully remove skin, if desired.
- Add **salmon** to the pan with the **sauce**. Spoon **sauce** over **salmon** to coat.

3



## Prep veggies

- Meanwhile, peel, then cut **carrot** into ¼-inch half-moons.
- Cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt.)
- Thinly slice **green onions**.
- Add **soy sauce**, **half the sesame oil** and **½ tbsp** (1 tbsp) **sugar** to a small bowl. Whisk to combine.

6



## Finish and serve

- Fluff **rice** with a fork, stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **veggies**, then **salmon**, spooning over **any remaining sauce**.
- Sprinkle over **remaining green onion**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Prep and cook shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, Using a strainer, drain and rinse **shrimp**. Follow the rest of the recipe as written.

## 2 | Prep and cook salmon

\*2 Double | **Salmon Fillets**

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.