



Shrimp & Edamame Poke Bowl

with Citrus Ponzu Dressing



ca. 20min



2 Servings

Sweet shrimp and protein-packed edamame come together to create a light but satisfying dinner that's ready in just 20 minutes! We poach the shrimp, then shock them in an ice bath to stop the cooking, keeping them tender. After cooking, we combine them with juicy oranges, radishes, spicy shichimi togarashi, and ponzu sauce. Sushi rice is a sticky, short-grain rice—it's perfect for this speedy take on poke.

What we send

- 5 oz sushi rice
- 10 oz pkg shrimp ²
- 1 red radishes
- 2 scallions
- 1 orange
- 2½ oz edamame ⁶
- ¼ oz pkt toasted sesame seeds ¹¹
- 2 (1.8 oz) ponzu sauce ⁶
- ½ oz toasted sesame oil ¹¹
- ¼ oz shichimi togarashi ¹¹

What you need

- kosher salt & ground pepper
- sugar

Tools

- small saucepan
- large saucepan
- microplane or grater
- colander

Cooking tip

For a crisp garnish, thinly slice scallion dark greens on an angle. Transfer to a bowl of ice water; soak until scallions curl, 5 minutes. Drain scallions on paper towels before garnishing poke bowl.

Allergens

Shellfish (2), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 470kcal, Fat 8g, Carbs 69g, Protein 31g



1. Cook rice

In a small saucepan, combine **rice**, **1 cup water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



4. Cook shrimp & edamame

Fill a medium bowl with **cold water** and **ice cubes** (this is an ice bath).

Add **shrimp** and **edamame** to boiling water and remove from heat. Cover and let stand until shrimp are firm and pink, and edamame is warmed through, 4-6 minutes. Drain shrimp and edamame, then transfer to ice bath. Allow shrimp and edamame to cool completely, 1-2 minutes, then drain. Dry bowl.



2. Make poaching liquid

In a large saucepan, bring **8 cups water**, **2 tablespoons salt**, and **1 tablespoon sugar** to a boil. Rinse **shrimp**, then pat very dry.



5. Mix poke

In same bowl, combine **shrimp**, **edamame**, **oranges**, **orange zest**, **radishes**, **scallion whites** and **light greens**, **¼ cup ponzu sauce**, **2 teaspoons sesame seeds**, **1 teaspoon sesame oil**, and **¼ teaspoon shichimi togarashi** (or more or less, depending on heat preference). Stir to combine, then season to taste with **salt** and **pepper**.



3. Prep ingredients

Thinly slice **radishes**. Trim **scallions**, then thinly slice, keeping dark greens separate. Finely grate **½ teaspoon orange zest**. Remove peel and pith from orange; quarter fruit and cut into ¼-inch slices.



6. Finish & serve

Fluff **rice** with a fork, then spoon into bowls. Top **rice** with **shrimp poke** and garnish with **scallion dark greens**, **remaining sesame seeds**, and a **sprinkle of shichimi togarashi**, if desired. Serve **poke bowl** with **remaining ponzu sauce** on the side for drizzling over, if desired. Enjoy!