



Arctic Char Teriyaki Poke Bowl

with Carrot-Ginger Salad & Sushi Rice



20-30min



2 Servings

Poke bowls, a Hawaiian dish typically raw fish served over sushi rice, has taken on many new forms and flavors. This recipe kicks it up a notch, by merging teriyaki and poke. Sweet arctic char is crisped to perfection and brushed with teriyaki sauce. The fish is served with a fresh carrot, edamame and ginger salad, quick pickled cucumbers and sushi rice. Cook, relax, and enjoy!

What we send

- sushi rice
- Persian cucumbers
- carrots
- scallions
- fresh ginger
- rice vinegar

What you need

- coarse salt
- sugar

Tools

- box grater
- fine-mesh sieve
- nonstick skillet
- small saucepan

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

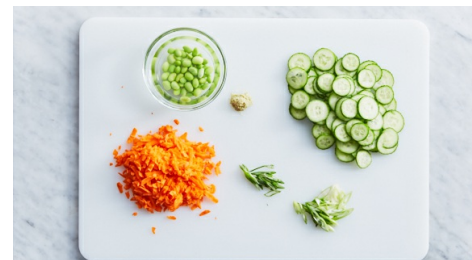
Nutrition per serving

Calories 595kcal, Fat 15g, Carbs 53g, Protein 44g



1. Make rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Drain well and transfer to a small saucepan. Add 1 cup **water** and a pinch of **salt** and bring to a boil. Cover and cook over low heat until water is absorbed and rice is plump, about 16 minutes. Keep covered until ready to serve.



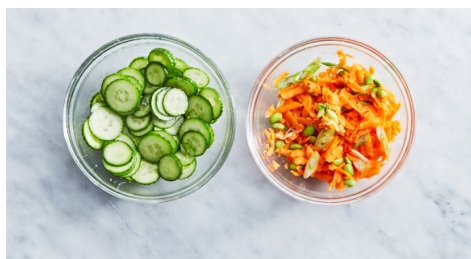
2. Prep ingredients

Peel **carrots** and grate on large holes of box grater. In a small bowl, cover **edamame** with **hot water** and let stand 5 minutes. Trim ends from **scallion** and thinly slice on the diagonal; reserve **dark green slices** for Step 6. Thinly slice **cucumbers** into rounds. Peel and finely grate **1 teaspoon ginger** (reserve the rest for your own use).



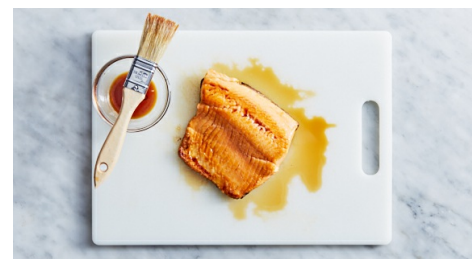
3. Make dressing

In a medium bowl, combine **rice vinegar**, 2 teaspoons **oil**, 1½ teaspoons **sugar**, and 1½ teaspoons **salt**.



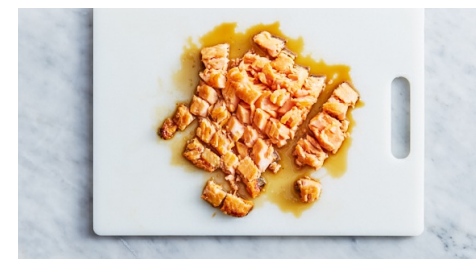
4. Make salads

Drain **edamame**. In a medium bowl, combine **carrots**, **edamame**, **light green** and **white sliced scallion**, **ginger**, and **2 tablespoons dressing** and season to taste with **salt**. In a small bowl, combine **cucumbers** with **2 tablespoons dressing** and season to taste with **salt**.



5. Cook fish

Heat 1 teaspoon **oil** in a nonstick skillet over high. Add **fish**, **skin side down**; cook until skin is crisp and fish is nearly cooked, 3-4 minutes. Season top of fish with **salt**. Flip and cook until lightly browned on the other side, about 1 minute. Transfer **fish** to cutting board, **skin side down**. Brush top of filets with **half of the teriyaki sauce**.



6. Serve

Pour **remaining dressing** over **rice** and stir until absorbed. Cut **fish** into ½-inch pieces; drizzle with **remaining teriyaki sauce**. Spoon **rice** into 2 bowls. Making individual piles, top with **fish**, **carrot-edamame salad**, and **cucumber salad** (drizzle any **remaining dressing** from the bowl over the rice). Garnish with **reserved scallion greens**. Enjoy!