



Salmon Poke Bowl

with Crispy Seaweed & Spicy Mayo



ca. 20min



2 Servings

We loved a packed poke bowl, especially when it doubles the protein by combining tender salmon with a light omelet that's been rolled up and sliced. And you're still getting fun toppings like nori, edamame, and pickled radishes. AND, if you want an extra kick of umami, why not add a drizzle of soy sauce? We've got you covered!

WHAT WE SEND

- 5 oz sushi rice
- 1.8 oz ponzu sauce ⁶
- 1 radish
- 5 oz edamame ⁶
- 1 pkt nori sheets
- ¼ oz gochugaru flakes
- 8 oz pkg salmon filets ⁴

WHAT YOU NEED

- kosher salt & ground pepper
- 3 large eggs ³
- sugar
- apple cider vinegar (or white wine vinegar)
- neutral oil
- mayonnaise ³

TOOLS

- small saucepan
- microwave
- medium nonstick skillet

ALLERGENS

Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 950kcal, Fat 54g, Carbs 72g, Protein 47g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low heat until water is absorbed and rice is tender, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

In a small bowl, beat **3 large eggs** with **1 tablespoon ponzu sauce** (reserve remaining for step 5) and **a pinch each of salt and sugar**.

Thinly slice **radish** crosswise. In a separate small bowl, stir to combine **radishes, 1 tablespoon vinegar**, and **a pinch each of salt and sugar**. Set aside, stirring occasionally, until step 5.



3. Cook edamame & make mayo

Add **edamame** to a microwave-safe bowl with **1 tablespoon water**. Cover with a damp paper towel and microwave on high until heated through, about 2 minutes. Drain excess water and season with **salt** and **pepper**.

In a small bowl, stir to combine **all of the gochugaru flakes, ¼ cup mayo**, and **1 tablespoon water**.



4. SALMON VARIATION

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to plate; wipe out skillet.



5. Cook eggs

Heat **2 teaspoons oil** in a same skillet over medium until shimmering. Add **eggs** and swirl pan to spread to edges. Cover and cook until egg is set, 3–5 minutes. Use a spatula to slide out onto a cutting board. When **omelet** is cool enough to handle, roll up into a cylinder; cut crosswise into ½-inch wide ribbons.



6. Finish & serve

Fluff **rice** with a fork and stir in **remaining ponzu sauce**. Cut **nori** into thin strips using kitchen shears, if desired.

Serve **ponzu rice** topped with **salmon, eggs, edamame, nori**, and **pickled radishes**. Drizzle **spicy mayo** over top. Enjoy!