



## Teriyaki Trout Poke Bowl

with Carrot-Ginger Salad & Sushi Rice



30-40min



2 Servings

Poke bowls, a Hawaiian dish typically made with 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 trout 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.



## What we send

- 5 oz sushi rice
- 1 bag carrots
- 2½ oz edamame <sup>3</sup>
- 2 scallions
- 1 cucumber
- 1 piece fresh ginger
- 1 oz rice vinegar
- 10 oz pkg steelhead trout filets <sup>1</sup>
- 2 oz teriyaki sauce <sup>2,3</sup>

## What you need

- kosher salt & ground pepper
- sugar
- neutral oil

## Tools

- small saucepan
- box grater
- medium nonstick skillet

## Allergens

Fish (1), Wheat (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

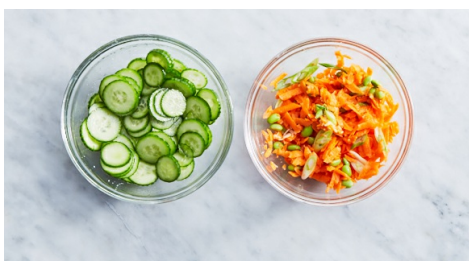
## Nutrition per serving

Calories 630kcal, Fat 12g, Carbs 89g, Protein 41g



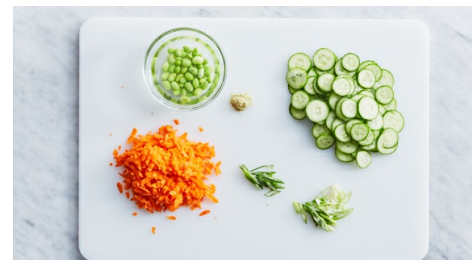
### 1. Make rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Drain well and transfer to a small saucepan. Add **1 cup water** and **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 17 minutes. Keep covered off heat



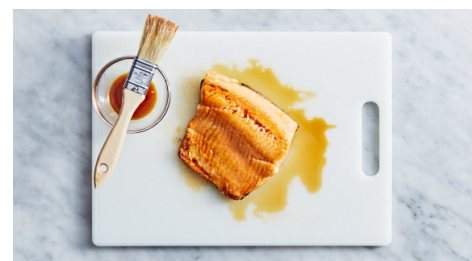
### 4. Make salads

Drain **edamame**. In a medium bowl, combine **carrots, edamame, scallion whites and light greens, ginger, and 2 tablespoons dressing**. Season to taste with **salt**. In a small bowl, toss **cucumbers** with **2 tablespoons dressing**. Season to taste with **salt**.



### 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 **scallions**, then thinly slice on the diagonal, keeping dark greens separate. Thinly slice **cucumbers** into rounds. Peel and finely grate **1 teaspoon ginger** (save rest for own use).



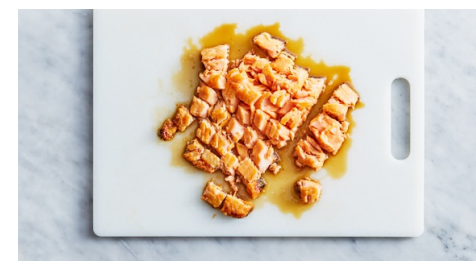
### 5. Cook fish

Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high. Add **fish**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more. Transfer **fish** to cutting board, skin-side-down. Brush top of fish filets with **teriyaki sauce**.



### 3. Make dressing

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



### 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!