

MARLEY SPOON



Smoked Salmon Poke Bowl

with Cucumber & Edamame

 ca. 20min  2 Servings

Fresh, light, and satisfying—poke bowls are all the rage! Our easy-to-make-at-home spin features crisp vegetables over sticky sushi rice and a thin, shredded omelet with citrusy ponzu sauce. Delicate smoked salmon is a worthy substitute for raw fish, while sweet and spicy mayo and traditional furikake garnish this lovely poke bowl.

What we send

- 5 oz sushi rice
- 2½ oz edamame ⁴
- 1.8 oz ponzu sauce ⁴
- 1 cucumber
- 1 small bag carrots
- 2 scallions
- 3 oz pkg smoked salmon ²
- 1 oz mayonnaise ^{1,4}
- ¼ oz furikake ³
- ¼ oz gochugaru flakes

What you need

- kosher salt & ground pepper
- sugar
- 2 large eggs ¹
- neutral oil
- distilled white vinegar (or apple cider vinegar)

Tools

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

Cooking tip

Rinsing the sushi rice removes excess starch so that each grain is separate, not gummy.

Allergens

Egg (1), Fish (2), Sesame (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 25g, Carbs 79g, Protein 26g



1. Cook rice

Rinse **sushi rice** in a fine-mesh sieve until water runs clear. In a small saucepan, combine rice, **1¼ cups water**, **½ teaspoon salt**, and **¼ teaspoon sugar**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. In the last 3 minutes of cooking, add **edamame** to rice. Keep covered until ready to serve.



4. Prep ingredients

Using a vegetable peeler, shave **carrot** into ribbons; cut ribbons in half crosswise, if desired. Trim and thinly slice **scallions**.

Tear **smoked salmon** into bite-sized pieces.



2. Marinate cucumbers

Meanwhile, in a small bowl, whisk together **2 large eggs**, **2 teaspoons ponzu sauce**, and **a pinch each of salt and sugar**.

Meanwhile, peel **cucumber**; halve lengthwise, remove and discard seeds, then thinly slice into half moons. In a medium bowl combine cucumbers and remaining ponzu. Toss to coat and reserve for step 6.



5. Make spicy mayo

In a small bowl, combine **gochugaru flakes**, **mayonnaise**, **½ teaspoon vinegar**, **¼ teaspoon sugar**, and **a pinch of salt**.



3. Cook omelet

Heat **2 teaspoons oil** in a small nonstick skillet over medium until shimmering. Add **egg mixture** and swirl pan to spread to edges. Cover and cook until **omelet** is set, 3-5 minutes. Use a spatula to slide omelet onto a foil-lined cutting board. When cool enough to handle, use foil as a guide to roll omelet into a cylinder; set aside to cool.



6. Finish & serve

Cut **rolled omelet** crosswise into ½-inch wide coins. Fluff **rice** and divide among serving bowls. Top with **salmon**, **eggs**, **carrots**, **scallions**, and **cucumbers**. Spoon some of the **ponzu sauce** over top. Drizzle with **spicy mayo** and sprinkle with **furikake**. Enjoy!