



Sesame-Crusted Wild Salmon with Kale Goma-Ae

& Sushi Rice



30-40min



2 Servings

This homestyle Japanese meal elevates the versatile and flavorsome sesame seed to iconic status. We coat succulent wild salmon filets in sesame seeds before browning them to create a crisp crust. Goma-ae, a classic sweet sesame-tamari dressing, flavors cooked kale with toasted sesame seeds and sesame oil. Citrusy ponzu sauce and scallion mayo complement the rich fish while sticky sushi rice soaks up all the flavors.

What we send

- 5 oz sushi rice
- 1 bunch curly kale
- ½ oz tamari soy sauce ⁴
- 4 (¼ oz) pkts toasted sesame seeds ³
- ½ oz toasted sesame oil ³
- 2 scallions
- 2 oz mayonnaise ^{1,4}
- 1.8 oz ponzu sauce ⁴
- 10 oz pkg wild-caught sockeye salmon ²

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

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

Cooking tip

For a cool presentation, thinly slice scallion dark greens on a long angle and cover with ice water for 10 minutes. Scallions will curl up!

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 870kcal, Fat 46g, Carbs 70g, Protein 42g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. In a small saucepan, combine rice with **1¼ cups water**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17-20 minutes. Keep covered until ready to serve.



4. Mix mayo & prep salmon

Stir **mayo**, **½ teaspoon ponzu**, and **remaining sesame oil** into bowl with **scallion whites and light greens**.

Remove and discard **salmon skin** with a sharp knife; season fish all over with **salt and pepper**. Brush skin side with a thin layer of the mayo mixture; reserve rest for serving. Place **remaining sesame seeds** on a plate. Press salmon into seeds, mayo-side down, until coated.



2. Cook kale

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces. Place kale and **1 cup water** in a medium nonstick skillet. Bring to a boil over medium-high heat. Cover and cook until kale is tender, stirring halfway through, 5-7 minutes. Drain in a fine-mesh sieve and rinse under cold water; squeeze dry. Wipe out skillet and reserve for step 5.



5. Cook salmon

In reserved skillet, heat **2 teaspoons oil** over medium-high until shimmering. Add **salmon**, sesame-side down. Lower heat to medium and cook until **seeds** are browned, 2-3 minutes. Carefully flip and continue cooking to desired doneness, 2-4 minutes longer. Transfer to a plate.



3. Make sesame dressing

While **kale** cooks, in a medium bowl, stir together **tamari**, **half of the sesame seeds**, and **2 teaspoons each of sesame oil and sugar**. Mix in cooked kale; set aside until ready to serve.

Trim **scallions**; finely chop whites and light greens, then transfer to a small bowl. Thinly slice dark greens on an angle; place in a bowl with ice water and set aside.



6. Serve

Fluff **rice** with a fork.

Serve **kale** and **salmon** over **rice** with **dark scallion greens** over top and **remaining ponzu sauce and mayo** alongside. Enjoy!