



Miso-Glazed Salmon Poke Bowl

with Chinese Broccoli & Sushi Rice



30-40min



2 Servings

Miso is a savory paste, made from fermented soybeans mixed with salt and rice (or barley). It adds a deep, umami flavor to all kinds of dishes. White miso's short fermentation period accounts for its light color and more mellow flavor. We love it paired with mild-tasting fish, especially salmon.

What we send

- 5 oz sushi rice
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- ½ lb Chinese broccoli
- 1 oz scallions
- rice vinegar (use 2 Tbsp)
- 1 pkt white miso (use 2 Tbsp)^{1,4,6}
- 10 oz pkg salmon fillets⁴
- toasted sesame seeds¹¹

What you need

- kosher salt & pepper
- neutral oil
- sugar

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 45g, Carbs 78g, Proteins 36g



1. Cook rice

In a small saucepan, combine **rice**, **1 cup water**, and **¼ teaspoon salt**, bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 16 minutes. Keep covered until ready to serve.



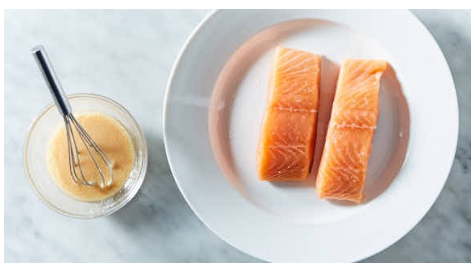
2. Prep ingredients

Finely grate **1 teaspoon garlic**. Peel and finely grate **½ teaspoon ginger**. Remove **Chinese broccoli leaves** from **stems**. Stack leaves, roll like a cigar, then cut into ½-inch wide ribbons. Thinly slice stems on an angle. Trim **scallions**, then thinly slice.



3. Sauté Chinese broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **broccoli leaves and stems** and **¾ teaspoon of the grated garlic**; season with **salt** and **pepper**. Cook, stirring, until fragrant, about 1 minute. Add **1 tablespoon water**; cook until broccoli leaves are wilted and stems are tender, about 2 minutes more. Transfer to a bowl. Wipe out skillet; reserve for step 5.



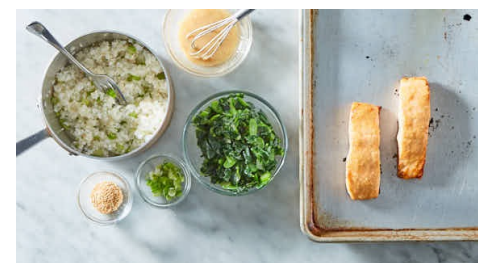
4. Make dressing

In a small bowl, whisk to combine **grated ginger**, **remaining grated garlic**, **2 tablespoons each of rice vinegar and miso**, **2 teaspoons sugar**, and **1 tablespoon oil**. Pat **salmon** dry, then season with **salt**. Preheat broiler with top rack 6 inches from heat source.



5. Cook salmon

Heat **1 teaspoon oil** in reserved skillet over high. Cook salmon, skin side down, until skin is crisp, 3–4 minutes. Transfer salmon, skin side down, to a rimmed baking sheet. Brush tops with **2 tablespoons of the dressing**. Broil on top oven rack until golden, 3–5 minutes (watch closely as broilers vary).



6. Finish & serve

Whisk **2 teaspoons oil** into the **remaining dressing**. Fluff **rice** with a fork and stir in **half of the scallions**. Spoon **broccoli** and **rice** into bowls. Drizzle **reserved dressing** over top. Top with **salmon**, and garnish with **sesame seeds** and **remaining scallions**. Enjoy!