



20-Min: Shrimp & Edamame Poke Bowl

with Citrus Wasabi Dressing



ca. 20min



2 Servings

Sweet shrimp and protein-packed edamame come together to create a light but satisfying dinner that's ready in just 20 minutes! We poach the shrimp, then shock them in an ice bath to stop the cooking, keeping them tender. After cooking, we combine them with juicy oranges, radishes, shichimi togarashi, and ready made Japanese dressing. Sushi rice is a sticky, short-grain rice—it's perfect for this speedy take on poke.

What we send

- 5 oz sushi rice
- 10 oz pkg shrimp ¹
- 2 oz red radish
- 1 oz scallions
- 1 orange
- 2½ oz edamame ²
- ¼ oz pkt toasted sesame seeds ³
- 2 (1½ oz) Japanese dressing ^{2,4}
- ½ oz toasted sesame oil ³
- ¼ oz Shichimi Togarashi ³

What you need

- kosher salt & ground pepper
- sugar

Tools

- small saucepan
- large saucepan
- colander

Cooking tip

For a cool garnish, thinly slice scallion greens on an angle. Transfer to a bowl of ice water; soak for 5 minutes until scallions curl. Drain scallions on paper towels before garnishing poke bowl.

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 12g, Carbs 71g, Protein 34g



1. Cook rice

In a small saucepan, combine **rice**, **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 15 minutes. Fluff with a fork; keep covered until ready to serve.



4. Cook shrimp & edamame

Prepare an ice bath. Add **shrimp** and **edamame** to boiling water and shut off heat. Cover and let stand until shrimp are firm and pink, 4-6 minutes. Drain shrimp and edamame, then transfer to ice bath. Allow shrimp and edamame to chill completely, about 1-2 minutes, then drain.



2. Make poaching liquid

In a large saucepan, bring **8 cups of water**, **2 tablespoons salt**, and **1 tablespoon sugar** to a boil. Rinse **shrimp**, then pat very dry.



5. Mix poke

In a medium bowl, combine **shrimp**, **edamame**, **oranges**, **orange zest**, **radish**, **2 teaspoons sesame seeds**, **scallion whites** and **light greens**, **¼ cup Japanese dressing**, **1 teaspoon sesame oil**, and **¼ teaspoon shichimi togarashi** (use more or less as desired). Mix well to combine and season to taste with salt and pepper.



3. Prep ingredients

Thinly slice **radishes**. Trim ends then thinly slice **scallions**, keeping dark greens separate. Finely grate **½ teaspoon orange zest**. Remove peel and pith from orange, quarter, then cut into ¼-inch slices.



6. Finish & serve

Divide **rice** between bowls and top with **shrimp poke**. Garnish with **remaining sesame seeds**, **scallion dark greens**, and a **sprinkle of shichimi togarashi**, if desired. Serve with **remaining Japanese dressing** on the side to drizzle, if desired. Enjoy!