



## Miso-Glazed Salmon Poke Bowl

with Chinese Broccoli & Sushi Rice



30-40min



2 Servings

Is there a better way to end the day than with a warm bowl of sticky sushi rice topped with salmon and garlicky Chinese broccoli? We don't think so! Enter our spin on a warm poke bowl. It's comforting and packed with flavor thanks to miso sauce which adds a deep umami flavor to flaky, broiled salmon.



## What we send

- 5 oz sushi rice
- garlic
- 1 oz fresh ginger
- ½ lb Chinese broccoli
- 2 scallions
- 1 oz rice vinegar
- 1.8 oz miso sauce <sup>1,2,3</sup>
- 10 oz pkg salmon filets <sup>1</sup>
- ¼ oz pkt toasted sesame seeds <sup>4</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- sugar

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 860kcal, Fat 44g, Carbs 78g, Protein 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.



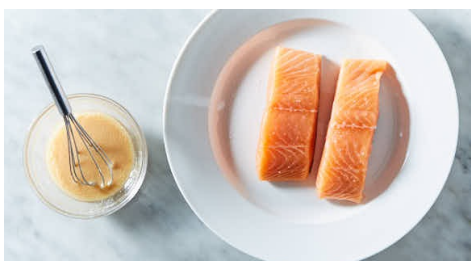
### 2. Prep ingredients

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.



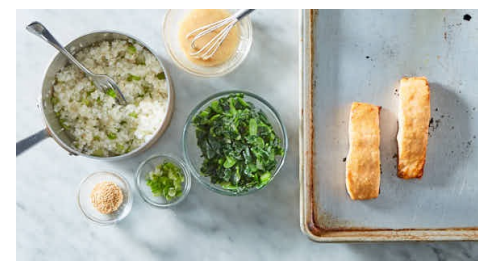
### 4. Make dressing

Preheat broiler with a rack in the top position. In a small bowl, whisk to combine **grated ginger**, **remaining grated garlic**, **2 tablespoons each of rice vinegar and miso sauce**, **1 tablespoon oil**, and **2 teaspoons sugar**. Pat **salmon** dry, then season all over with **salt**.



### 5. Cook salmon

Heat **1 teaspoon oil** in reserved skillet over high. Add **salmon**, skin-side down, and cook 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; stir in **half of the sliced scallions**. Spoon **broccoli** and **rice** into bowls. Drizzle **reserved dressing** over top. Top with **salmon**, and garnish with **sesame seeds** and **remaining sliced scallions**. Enjoy!