

Fs sku0820 web

Rice and Salmon Bowl

in Japanese Broth



20-30min



2 Servings

This meal is inspired by Japanese hot pots, a flavorful broth with vegetables, meat or fish simmered over open flame in an earth pot. Ours is a restorative and light broth with slow-roasted salmon and wilted choy sum, a leafy green with edible yellow flowers. This is a Cook relax and enjoy!

What we send

- sushi rice
- mirin
- choy sum

What you need

- coarse salt
- olive oil

Tools

- fine-mesh sieve
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770.0kcal, Fat 26.4g, Proteins 45.1g, Carbs 85.3g



1. Make rice

Preheat oven to 275°F. Rinse **rice** in a fine-mesh sieve until water runs clear. Combine **rice**, 1½ cups **water**, and a pinch of **salt** in a medium pot. Bring to a boil over high heat, reduce to low, cover, and cook until **rice** is tender and water is absorbed, 15 minutes. Remove from heat and set aside, covered, until ready to serve.



4. Make dashi

Meanwhile, bring 2½ cups **water** to a boil in a medium pot. Turn off heat, add **bonito flakes**, and stir for 1 minute. Strain **broth** through a fine-mesh sieve into a large bowl then return broth to pot. Stir in **tamari** and **mirin** and cover.



2. Prep choy sum

Trim thick stems from **choy sum**, rinse under cold water to remove any grit and dry well. Toss **choy sum** with 1 tablespoon **oil** on a rimmed baking sheet and season with **salt**. Spread in an even layer on ⅔ of baking sheet.



5. Finish salmon

Remove **salmon** from baking sheet using a spatula, leaving skin sticking to the sheet. Fluff **rice**. Reheat **dashi** over low heat.



3. Prep salmon

Drizzle **salmon** with ½ teaspoon **oil** and season with **salt**. Place on remaining ⅓ of baking sheet. Bake until **choy sum** is wilted and **salmon** is just cooked through, 14-16 minutes.



6. Serve

Divide **rice** between two deep bowls and top with **salmon** and **choy sum**. Carefully pour **dashi** over and sprinkle with **furikake** or **shichimi**, depending on your preference. Enjoy!