



## Smoked Salmon Poke Bowl

with Cucumber & Edamame



ca. 20min



2 Servings

Fresh, light, and satisfying—poke bowls are all the rage! Our easy-to-make-at-home spin features crisp vegetables over sticky sushi rice and a thin, shredded omelet with citrusy ponzu sauce. Delicate smoked salmon is a worthy substitute for raw fish, while sweet and spicy mayo and traditional furikake garnish this lovely poke bowl.



## What we send

- 5 oz sushi rice
- 2½ oz edamame <sup>4</sup>
- 1.8 oz ponzu sauce <sup>4</sup>
- 1 cucumber
- 3 oz carrots
- 2 scallions
- 3 oz pkg smoked salmon <sup>2</sup>
- 1 oz mayonnaise <sup>1,4</sup>
- ¼ oz furikake <sup>3</sup>
- ¼ oz gochugaru flakes

## What you need

- kosher salt & ground pepper
- sugar
- 2 large eggs <sup>1</sup>
- neutral oil
- distilled white vinegar (or apple cider vinegar)

## Tools

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

### Cooking tip

Rinsing the sushi rice removes excess starch so that each grain is separate, not gummy.

### Allergens

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

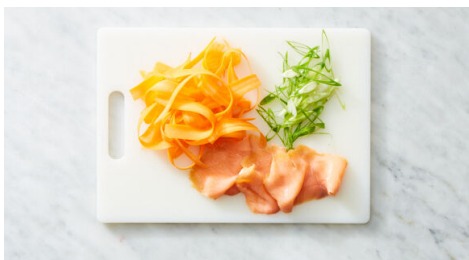
### Nutrition per serving

Calories 640kcal, Fat 25g, Carbs 79g, Protein 26g



### 1. Cook rice

Rinse **sushi rice** in a fine-mesh sieve until water runs clear. In a small saucepan, combine rice, **1¼ cups water**, **½ teaspoon salt**, and **¼ teaspoon sugar**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. In the last 3 minutes of cooking, add **edamame** to rice. Keep covered until ready to serve.



### 4. Prep ingredients

Using a vegetable peeler, shave **carrot** into ribbons; cut ribbons in half crosswise, if desired. Trim and thinly slice **scallions**.

Tear **smoked salmon** into bite-sized pieces.



### 2. Marinate cucumbers

Meanwhile, in a small bowl, whisk together **2 large eggs**, **2 teaspoons ponzu sauce**, and **a pinch each of salt and sugar**.

Meanwhile, peel **cucumber**; halve lengthwise, remove and discard seeds, then thinly slice into half moons. In a medium bowl combine cucumbers and remaining ponzu. Toss to coat and reserve for step 6.



### 5. Make spicy mayo

In a small bowl, combine **gochugaru flakes**, **mayonnaise**, **½ teaspoon vinegar**, **¼ teaspoon sugar**, and **a pinch of salt**.



### 3. Cook omelet

Heat **2 teaspoons oil** in a small nonstick skillet over medium until shimmering. Add **egg mixture** and swirl pan to spread to edges. Cover and cook until **omelet** is set, 3-5 minutes. Use a spatula to slide omelet onto a foil-lined cutting board. When cool enough to handle, use foil as a guide to roll omelet into a cylinder; set aside to cool.



### 6. Finish & serve

Cut **rolled omelet** crosswise into ½-inch wide coins. Fluff **rice** and divide among serving bowls. Top with **salmon**, **eggs**, **carrots**, **scallions**, and **cucumbers**. Spoon some of the **ponzu sauce** over top. Drizzle with **spicy mayo** and sprinkle with **furikake**. Enjoy!