



Sesame Salmon & Ponzu Slaw Bowl

with Pickled Cucumber & Japanese Mayo

FAST & FANCY

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mixed Sesame Seeds



Radish



Cucumber



Salmon



Sweet Soy Seasoning



Microwavable Basmati Rice



Shredded Cabbage Mix



Ponzu Sauce



Japanese Dressing



Mayonnaise

Prep in: 20-30 mins
Ready in: 20-30 mins

Eat Me Early

A sesame salmon slaw bowl, we say yes please! This Japanese-inspired dish is a flavour sensation, with sweet-soy salmon, crunchy slaw, steamy rice and sesame seeds sprinkled over. Dig in!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mixed sesame seeds	1 medium sachet	1 large sachet
radish	1	2
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
salmon	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
microwavable basmati rice	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
ponzu sauce	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3078kJ (736Cal)	623kJ (149Cal)
Protein (g)	36g	7.3g
Fat, total (g)	40.3g	8.2g
- saturated (g)	7.2g	1.5g
Carbohydrate (g)	54.2g	11g
- sugars (g)	15.5g	3.1g
Sodium (mg)	1419mg	287mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Meanwhile, thinly slice **radish**. Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add just enough **water** to cover **cucumber**. Set aside.



Make the slaw

- Meanwhile, microwave **basmati rice** until steaming, **2-3 minutes**.
- In a third medium bowl, combine **shredded cabbage mix**, **radish** and **ponzu sauce**. Season to taste.
- In a small bowl, combine **Japanese dressing** and **mayonnaise**.



Cook the salmon

- Pat **salmon** dry with a paper towel. In a second medium bowl, combine **salmon**, **sweet soy seasoning**, a pinch of **salt** and a drizzle of **olive oil**.
- Return the frying pan to medium heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **3-5 minutes** each side (depending on thickness).



Serve up

- Drain pickled cucumber.
- Divide microwaved rice between bowls. Top with sweet-soy salmon, ponzu slaw and pickled cucumber.
- Drizzle over Japanese mayo. Garnish with toasted sesame seeds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW16

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate