

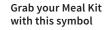
# Sesame Salmon & Ponzu Slaw Bowl

with Pickled Cucumber & Japanese Mayo

FAST & FANCY

NEW

**CLIMATE SUPERSTAR** 









Mixed Sesame Seeds

Radish





Cucumber

Salmon





Sweet Soy Seasoning

Microwavable Basmati Rice





Shredded Cabbage

Ponzu Sauce







Japanese Dressing

Mayonnaise



# 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)	1/4 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.



#### 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).



#### 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.



# Serve up

- Drain pickled cucumber.
- Divide microwave rice between bowls. Top with sweet-soy salmon, ponzu slaw and pickled cucumber.

Rate your recipe

 Drizzle over Japanese mayo. Garnish with toasted sesame seeds to serve. Enjoy!

