



SEARED SALMON 'SUSHI' BOWL

with Avocado & Wasabi Mayo



Add salmon to a Japanese style bowl



Ginger



Garlic



Basmati Rice



Asian Greens



Avocado



Wasabi Mayonnaise (Optional)



Salmon



Black Sesame Seeds

Pantry Staples: Olive Oil, Butter, Soy Sauce

Hands-on: **25** mins
Ready in: **30** mins

Eat me first

Spicy (optional wasabi mayonnaise)

All the flavour of a sushi roll but all loaded into a wholesome bowl - from the tasty rice, succulent salmon, crunchy cucumber and creamy avocado, all topped off with a generous drizzle of warming wasabi mayo... this dish will give your local sushi train a run for its money.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE GARLIC-GINGER RICE

Finely grate the ginger. Finely grate the garlic (or use a garlic press). In a medium saucepan, heat the butter and a dash of olive oil over a medium heat. Add the garlic and ginger and cook until fragrant, 1-2 minutes. Add the basmati rice, water (for the rice) and salt to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered until the rice is tender and the water has absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



4 COOK THE SALMON

In a medium frying pan, heat a drizzle of olive oil over a medium-high heat. Pat the salmon dry with paper towel and season both sides with a pinch of salt and pepper.

TIP: Patting the skin dry helps it crisp up in the pan! When the oil is hot, add the salmon to the pan, skin-side down, and cook until just cooked through, 2-4 minutes on each side (depending on thickness). Transfer to a plate.



2 PREP THE VEG

While the rice is cooking, roughly chop the Asian greens. Thinly slice the avocado.



5 COOK THE ASIAN GREENS

Wipe out the frying pan with paper towel and return to a medium-high heat with a drizzle of olive oil. Add the Asian greens and cook until wilted, 1-2 minutes. Season with salt and pepper. Stir 1/2 the black sesame seeds through the rice.



3 LOOSEN THE WASABI MAYO

TIP: Wasabi has a strong horseradish flavour so use less if you aren't a fan or add a little plain mayo from the pantry to mellow it. In a small bowl, combine the wasabi mayonnaise (if using) and water (for the mayo). **TIP:** Adding water to the wasabi mayo will make it easier to drizzle.



6 SERVE UP

Divide the garlic-ginger rice between bowls. Top with the salmon, Asian greens, avocado and drizzle with the wasabi mayo (if using). Sprinkle with the remaining sesame seeds and drizzle with a little soy sauce if you like.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
Asian greens	1 bunch	2 bunches
avocado	1	2
wasabi mayonnaise (optional)	1 tub (40 g)	2 tubs (80 g)
water* (for the mayo)	2 tsp	4 tsp
salmon	1 packet	1 packet
black sesame seeds	1 sachet	2 sachets
soy sauce*	drizzle	drizzle

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (865Cal)	981kJ (234Cal)
Protein (g)	36.1g	9.8g
Fat, total (g)	51.4g	13.9g
- saturated (g)	12.3g	3.3g
Carbohydrate (g)	62.7g	17.0g
- sugars (g)	1.6g	0.4g
Sodium (g)	565mg	153mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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