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hello@hellofresh.com.au | (02) 8188 8722

WK48  
2016



## Salmon Sushi Bowls with Wasabi Sauce

Sushi bowls are absolutely brilliant in our book. All the flavour of sushi is here, from vinegared rice to cucumber to salmon and wasabi. But behold! Not a finicky, messy step in sight. This baby is so quickly whipped up, we reckon it might give sushi train a run for its money.



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



eat me first



omega 3 rich

### Pantry Items



Water



Rice Wine Vinegar



Salt-reduced Soy Sauce



Olive Oil



Jasmine Rice



Black Sesame Seeds



Salmon



Aioli



Wasabi



Carrot



Cucumber



Coriander Leaves

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2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 tsp	1 tbs	rice wine vinegar *
2 tsp	1 tbs	salt-reduced soy sauce *
1 sachet	2 sachets	black sesame seeds
2 tsp	1 tbs	olive oil *
2 fillets	4 fillets	salmon
1 tub	2 tubs	aioli
½ sachet	1 sachet	wasabi, to taste (optional)
2 tsp	1 tbs	water *
1	2	carrot, peeled & diced
1	2	cucumber, diced
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2890	Kj
Protein	32	g
Fat, total	30.3	g
-saturated	4.5	g
Carbohydrate	70.5	g
-sugars	7.1	g
Sodium	385	mg



**You will need:** chef's knife, chopping board, sieve, vegetable peeler, medium saucepan, spoon, medium frying pan, tongs, plate and small jug or bowl.

**1** Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain. Return the rice to the saucepan. Stir through the **rice wine vinegar**, **salt-reduced soy sauce** and **black sesame seeds**, reserving a few for the garnish.

**2** Meanwhile, heat the **olive oil** in a medium frying pan over a medium high heat. Season the **salmon** on both sides with **salt** and **pepper**. Cook the salmon for **2-3 minutes** on each side, or until cooked through. Remove from the pan and set aside on a plate for **1 minute** to rest.

**3** In a small jug or bowl combine the **aioli**, **wasabi** and **water**.

**4** To serve, divide the Jasmine rice between bowls. Top with the diced **carrot** and **cucumber**, and cooked salmon. Drizzle over the wasabi sauce, remaining black sesame seeds and fresh **coriander leaves**. Enjoy!

**Did you know?** Wasabi is a member of the cabbage family.