



Sushi-Inspired Gingerly Salmon Bowls

with Seasoned Rice and Broccoli-Edamame Slaw

Discovery Special

Spicy

35 Minutes

x2 Double



Salmon Fillets,
skin-on
500 g | 1000 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets,
skin-on
250 g | 500 g



Sticky Rice
¾ cup | 1 ½ cups



Edamame
56 g | 113 g



Broccoli
227 g | 454 g



Avocado
1 | 2



Red Cabbage,
shredded
56 g | 113 g



Green Onion
1 | 2



Black Sesame
Seeds
7 g | 14 g



Ginger Sauce
2 tbsp | 4 tbsp



Seasoned Rice
Vinegar
2 tbsp | 4 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Spicy Mayo
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large bowl, large pot, measuring cups, measuring spoons, medium pot, paper towels, slotted spoon, small bowl

1



Cook rice

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- To a medium pot, add **sticky rice** and enough **water** to cover. Using your hand, swirl to rinse **rice**. Pour off cloudy water and refill with **cold water**. Repeat until water rinses clear.
- Add **1 cup** (2 cups) **fresh water**. Bring to a boil over high.
- Once boiling, cover and reduce heat to medium-low. Cook for 12-16 min, until **rice** is tender and water is absorbed. Remove from heat. Set aside, still covered.

2



Prep

- While **rice** cooks, to a large pot, add **10 cups hot water** and **2 tsp salt** (same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, cut **broccoli** into bite-sized pieces.
- Thinly slice green **onion**, keeping greens and whites separate.
- Peel, pit, then cut **avocado** into ½-inch pieces. Season with **salt** and **pepper**.
- Once boiling, add **edamame** to the pot. Cook 4 min, stirring occasionally.

3



Make rice seasoning and blanch broccoli

- Meanwhile, to a small bowl, add **half the vinegar**, **half the sesame oil**, **½ tsp** (1 tsp) **sugar** and **¼ tsp** (½ tsp) **salt**. Stir to mix. (This is your sushi rice seasoning!)
- Once **edamame** has been cooking for 4 min, add **broccoli**. Cook for 30 sec, until bright green and tender-crisp. Using a slotted spoon, transfer **broccoli** and **edamame** to a large bowl. Place in fridge to cool.

4



Broil salmon

×2 Double | Salmon Fillets, skin-on

- Line a baking sheet with aluminum foil.
- Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- On the prepared baking sheet, arrange **salmon**. Drizzle **1 tsp** (2 tsp) **oil** over top. Spread **½ tbsp ginger sauce** over **each salmon piece**.
- Broil in the **middle** of the oven for 7-10 min, until lightly charred and cooked through.**

5



Finish sushi rice and slaw

- To **broccoli** and **edamame**, add **cabbage**, **green onion whites**, **remaining vinegar**, **remaining sesame oil**, **half the sesame seeds**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **ginger sauce**. Toss to coat. (**NOTE:** It's okay if veggies are still a little warm!).
- Fluff **rice** with a fork. Add **sushi rice seasoning** and **remaining sesame seeds**. Stir gently to mix.

6



Finish and serve

- Divide **rice** between bowls.
- Top with **salmon**, **broccoli-edamame slaw** and **avocado**.
- Drizzle **spicy mayo** over top.
- Sprinkle with **remaining green onions**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Broil salmon

×2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 158°F.