



NUTRITION per serving 64g carbohydrates 38g fat 40g protein 822mg sodium



Calories
779



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Medium



Summer Salmon Poke Bowl

with ponzu dressing and crispy onions

IN YOUR BOX

¾ cup Jasmine Rice
1 Persian Cucumber
1 Red Fresno Chile
2 Green Onions
12 oz. Salmon Fillets
3 oz. Matchstick Carrots
½ oz. Mayonnaise
1 fl. oz. Ponzu Sauce
½ oz. Crispy Fried Onions

CONTAINS: eggs, wheat, soy, fish (bonito, salmon)
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Small Pot
2 Mixing Bowls
Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Spice Alert!** Fresno chile adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping. Speaking of Fresno chile, it is used twice. **Fresno chile rounds** are added to salad, and **minced Fresno chile** is added to **ponzu dressing**.

FROM THE CHEF

Not a fan of fish skin? Don't worry. Once salmon is cooked, the skin will easily peel off and you can serve it without the skin.

Did you know...

Poke is a Hawaiian word meaning "to slice" or "to section."



1

Make the Rice

Bring a small pot with **rice** and 1½ cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes. Remove from burner and set aside covered. While rice cooks, prepare ingredients.



2

Prepare the Ingredients

Trim **cucumber** and cut into thin rounds. Slice thin rounds from pointed half of **Fresno chile**. *Discard seeds if you prefer less spice.* Stem and mince other half of Fresno chile. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



3

Make the Salad

In a mixing bowl, combine **cucumber**, **matchstick carrots**, **Fresno rounds** (to taste), **green portions of green onions**, and 2 tsp. **olive oil**. Season with ¼ tsp. **salt** and ¼ tsp. **pepper** and stir.



4

Make the Ponzu Dressing

In another mixing bowl, combine **mayonnaise**, **ponzu sauce**, **white portions of green onions** (to taste), and **minced Fresno** (to taste).



5

Sear the Salmon

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **salmon**, flesh-side down, to hot pan, and cook until browned, 3-4 minutes. Flip, reduce heat to medium, and cook until firm and salmon reaches a minimum internal temperature of 145 degrees, 3-4 minutes. Remove from burner. Transfer salmon to a plate. Remove skin (if necessary) and use a fork to flake salmon into bite-sized pieces.



6

Finish the Dish

Scoop **rice** into a bowl and top with **salad** and **salmon**. Spoon **ponzu dressing** over entire bowl, or serve on the side, and sprinkle dish with **crispy onions**.