

Smoked Salmon Poke Bowl

with Edamame and Quinoa

hellóchef

Have a poke night! Smoked salmon, fresh vegetables and quinoa are brought together with a ginger and soy flavoured dressing.

Cals 512 • Prot 41 • Carbs 73 • Fat 10

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🕒 cook: 30 min

R2603

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bowl	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices 6*	200	300	400	Grams
Edamame beans 9*	100	150	200	Grams
Cucumber	1	2	2	Piece
Carrot	1	1	2	Piece
Dressing				
Garlic cloves	1	1	2	Piece
Ginger	30	45	60	Grams
Lime	2	3	4	Piece
Soy sauce 9*, 10*, 11*	20	30	40	ML
Honey	15	15	30	Grams
Olive oil	1	2	2	Tbsp
Quinoa				
White quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	0.5	0.5	1	Tsp
Tomatoes	1	2	3	Piece
Spring onion	40	60	80	Grams
Garnish				
Large red chilli	1	1	2	Piece
Sesame seeds 3*	10	15	20	Grams

Allergens

*6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2141 / 512
Fat (g)	9.6
of which saturates (g)	1.4
Carbohydrate (g)	73
of which sugars (g)	14.3
Fiber (g)	11.3
Protein (g)	40.5
Salt (g)	1.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook quinoa

Add the **quinoa** to a pot, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water**, drained **quinoa** and a pinch of **salt** back to the pot and bring to a boil. Cover with a lid, reduce the heat to low and simmer for 20 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



2 Prep dressing

Meanwhile, peel and mince the **garlic**. Peel and finely grate the **ginger**. Juice the **limes** into a small bowl or jar. Add the **garlic, ginger, soy sauce, honey** and **olive oil** to the bowl. Whisk until fully combined – this is your **dressing**.

Tip! Why not use a spoon for peeling the ginger? A spoon easily shaves off the thinnest layer of skin possible.



3 Prep vegetables

Rinse the **edamame**. Chop the **cucumber** into thin slices. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Roughly chop the ribbons. Finely slice the **red chilli**. Chop the **tomatoes** into small cubes. Trim and finely slice the **spring onion**.

Tip! Alternatively, chop the carrots into thin matchsticks, using a sharp chef's knife, or grate the carrots.



4 Prep bowls

Toast the **sesame seeds** in a small pan over a medium-high heat until lightly browned. Transfer to a plate. Tear the **smoked salmon** into bite-size pieces. Mix the **tomatoes** and most of the **spring onion** (reserving some for garnish) with the cooked **quinoa**.

Tip! Toasting the sesame seeds enhances their flavour by bringing out their nutty aroma.



5 Serve

Divide the **tomato** and **spring onion** **quinoa** among bowls and top with the **salmon, edamame, carrot** and **cucumber**. Drizzle with the **dressing**. Garnish with the sliced **red chilli (spicy!)**, the **toasted sesame seeds** and the reserved **spring onion**.