

# Smoked Salmon & Mango

## Poke Bowl

Poke bowls are native to Hawaii and commonly feature raw fish.

Cals 832 • Prot 39 • Carbs 109 • Fat 30

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🕒 cook: 30 min

R2736





Before you start

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

Ingredients

Poke bowl	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices <b>6*</b>	200	300	400	Grams
Cucumber	1	1	2	Piece
Edamame beans <b>9*</b>	100	150	200	Grams
Mango	1	1	2	Piece
Sushi ginger	40	60	80	Grams
Dressing and garnish				
Fresh chives	15	30	45	Grams
Large red chilli	1	1	2	Piece
Lime	2	3	4	Piece
Soy sauce <b>9*, 10*, 11*</b>	30	40	60	ML
Sesame oil <b>3*, 9*</b>	15	22	30	ML
Brown sugar	5	5	10	Grams
Sushi rice				
Sushi rice	150	225	300	Grams
Water	300	450	600	ML
Rice vinegar	15	22	30	ML
Salt	0.5	0.5	1	Tsp
White sugar	5	5	10	Grams
Coconut flakes	10	15	20	Grams
Sriracha mayo				
Sriracha sauce	14	21	28	Grams
Mayonnaise <b>5*, 9*, 13*</b>	40	50	60	Grams

Allergens

**\*6 Fish, \*9 Soya, \*10 Wheat, \*11 Gluten, \*3 Sesame Seeds, \*5 Eggs, \*13 Mustard**

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)	3470 / 832
Fat (g)	30.4
of which saturates (g)	4.8
Carbohydrate (g)	109
of which sugars (g)	32.5
Fiber (g)	9.1
Protein (g)	38.5
Salt (g)	4.2

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



1 Boil rice

Add the rinsed **sushi rice** and the measured **water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until step 4.



2 Prep dressing

Meanwhile, very finely chop the **chives** and **red chilli**. Juice the **limes** into a bowl or jar. Add the **chives, chilli (spicy!), soy sauce, sesame oil** and **brown sugar** and whisk or shake until fully combined - this is your dressing.



3 Prep

Tear the **smoked salmon** into bite-size pieces. Slice the **cucumber** as finely as possible. Rinse the **edamame**. Peel and dice the **mango**.



4 Prep sriracha mayo

In a small bowl, combine the **sriracha** with the **mayonnaise**.



5 Dress sushi rice

In a small bowl combine the **rice vinegar** with the **salt** and **sugar**. Stir until the **sugar** and **salt** have dissolved. Pour the **rice vinegar** solution over the **rice** and fold it in immediately.



6 Serve

Divide the **sushi rice** among bowls and top it with the **edamame, mango, sushi ginger, cucumber** and **salmon**. Drizzle the dressing over the **salmon** and garnish with the **coconut flakes**. Serve the **sriracha mayonnaise** on the side.