

Smoked Salmon Poke Bowl

with Quinoa and Avocado

hellóchef

Poke bowls are native to Hawaii and commonly feature raw fish. Ours is made using smoked salmon!

Cals 700 • Prot 38 • Carbs 54 • Fat 41

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Before you start

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

Ingredients

Smoked Salmon	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices 6*	200	300	400	Grams
Spring onion	40	60	80	Grams
Sour cream 4*	60	90	120	Grams
Dijon mustard 13*	6	9	12	Grams
Black pepper	0.5	0.5	1	Tsp
Lime	1	2	2	Piece
Quinoa				
Mixed quinoa	100	150	200	Grams
Water	200	300	400	ML
Toppings				
Salt	0.5	1	1	Tsp
Avocado	1	2	2	Piece
Edamame beans 9*	100	150	200	Grams
Cucumber	2	3	4	Piece
Sushi ginger	40	60	80	Grams
Dressing				
Fresh coriander	15	15	15	Grams
Coconut sugar	5	5	10	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Sesame oil 3*, 9*	15	22	30	ML

Allergens

***6 Fish, *4 Milk, *13 Mustard, *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)	2927 / 700
Fat (g)	41
of which saturates (g)	9.3
Carbohydrate (g)	54
of which sugars (g)	7.4
Fiber (g)	13.6
Protein (g)	37.9
Salt (g)	2.7

*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

Place the **quinoa** in a bowl, cover with warm water and **rinse** well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.

Tip! Make the quinoa in advance, so it has time to cool.



2 Mix salmon

Meanwhile, finely chop the **smoked salmon** and add it to a large bowl. Trim and finely chop the **spring onions** and add them to the same bowl along with the **sour cream, dijon mustard, pepper** and a squeeze of **lime** (reserve the rest for the dressing). Mix well.



3 Make dressing

Finely chop the **coriander** and add it to a small bowl. Add the remaining **lime** juice, **sugar, soy sauce**, and **sesame oil**. Mix well. This is your **dressing**.



4 Prep toppings

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it. Peel the **cucumber** until you are left with a pile of **cucumber** ribbons.



5 Serve

Divide the **quinoa** among bowls and top with the **smoked salmon, edamame, cucumber** and **avocado**. Drizzle with the **dressing**. Serve the **sushi ginger** on the side.