

Salmon Teriyaki Bowl with Pickled Cucumber and Quinoa

hellóchef

Try this flavour bomb of a low calorie bowl! A wonderful everyday meal with lots of vegetables. Enjoy!

Cals 581 • Prot 39 • Carbs 65 • Fat 20

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🕒 cook: 35 min

R3480

Before you start

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

Ingredients

Salmon and quinoa	2 ppl	3 ppl	4 ppl	
Salmon goujons 6*	200	350	400	Grams
Mixed quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	1	1	2	Tsp
Teriyaki sauce 8*, 9*, 10*	40	60	80	ML
Ginger garlic paste	10	15	20	Grams
Soy sauce 9*, 10*, 11*	10	20	20	ML
Oyster sauce 8*, 10*	20	30	40	Grams
Vegetable oil	1	1	2	Tbsp
Organic Eggs 5*	1	2	2	Piece
Toppings				
Carrot	1	2	2	Piece
Spring onion	40	60	80	Grams
Edamame beans 9*	100	150	200	Grams
Sesame seeds 3*	10	15	20	Grams
Crispy onions	20	30	40	Grams
Sushi ginger	40	60	80	Grams
Pickled cucumber				
Cucumber	1	2	2	Piece
Lime	1	1	2	Piece
Brown sugar	5	5	10	Grams

Allergens

***6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *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)	2412 / 581
Fat (g)	20.4
of which saturates (g)	4.5
Carbohydrate (g)	65
of which sugars (g)	19.3
Fiber (g)	7.8
Protein (g)	39.1
Salt (g)	5.5

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



1 Pickle cucumber

Chop the **cucumbers** into small cubes. Juice the **lime** into a bowl. Add the **brown sugar** and **cucumbers**. Set aside.
Tip! Pickle the cucumbers for up to 24 hours in advance.



2 Cook quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



3 Prep

Grate the **carrots**. Trim and finely slice the **spring onions**.



4 Fry salmon

Meanwhile, combine the **teriyaki sauce, ginger garlic paste, soy sauce** and **oyster sauce** in a bowl. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **salmon goujons** and fry for 1 min on each side.



5 Add

Add the **eggs**. Scramble and cook for 1 min. Add the **sauce** and flake the **salmon** with a spatula to absorb all the **sauce**. Cook for 1 min further.



6 Serve

Combine the cooked **quinoa** with the excess **cucumber** juice. Divide among bowls and top with the **teriyaki salmon** and **eggs, carrots, cucumbers** and **edamame beans**. Garnish with the **spring onions, sesame seeds** and **crispy onions**. Serve the **sushi ginger** to the side.