



**LOW CALORIE**

## Miso-Glazed Salmon Poke Bowl

with Chinese Broccoli & Sushi Rice



30-40min



2 Servings

Miso is a Japanese paste made from fermented soybeans, mixed with salt and rice or barley—it adds a deep umami flavor to dishes. White miso, like its lighter color, has a shorter fermentation period, giving the savory paste a more mellow flavor than red or brown miso.



## What we send

- Chinese broccoli
- sushi rice
- rice vinegar
- fresh ginger
- toasted sesame seeds
- scallions
- garlic

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- medium nonstick skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Energy 650.0kcal, Fat 29.0g, Proteins 35.0g, Carbs 60.0g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1 cup water** and **¼ teaspoon salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 16 minutes. Cover to keep warm until ready to serve.



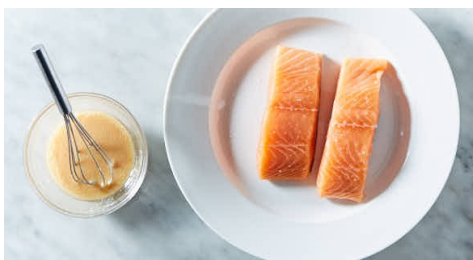
### 2. Prep ingredients

Peel and finely grate **1 teaspoon garlic**. Peel and finely grate **½ teaspoon ginger**. Remove **Chinese broccoli leaves** from **stems**. Stack leaves, roll like a cigar, then cut into ½-inch ribbons. Thinly slice stems on an angle. Trim ends from **scallions**, then thinly slice.



### 3. Sauté Chinese broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **broccoli leaves and stems, remaining garlic, a pinch of salt, and a few grinds pepper**. Cook, stirring, about 1 minute. Add **1 tablespoon water** and cook until broccoli leaves are wilted and stems are tender, about 2 minutes. Transfer to a bowl. Wipe out skillet.



### 4. Make dressing

In a small bowl, whisk together **miso, rice vinegar, ginger, ¼ teaspoon of the garlic, 2 teaspoons sugar, and 1 tablespoon oil**. Pat **salmon** dry, then season with **¼ teaspoon salt**. Preheat broiler with top rack 6 inches from heat source.



### 5. Cook salmon

Heat **1 teaspoon oil** in same skillet over high. Cook salmon, skin side-down, until skin is crispy, 3-4 minutes. Transfer salmon, skin side-down, to a rimmed baking sheet. Brush tops with **2 tablespoons of the dressing**. Broil on top rack until golden, 3-5 minutes (watch closely as broilers vary).



### 6. Finish & serve

Whisk **2 teaspoons oil** into **remaining dressing**. Fluff **rice** with a fork and stir in **half of the scallions**. Spoon **broccoli and rice** into bowls. Drizzle **reserved dressing** over top. Add **salmon** and garnish with **sesame seeds** and **remaining scallions**. Enjoy!