



Arctic Char Teriyaki Poke Bowl

with Carrot-Ginger Salad & Sushi Rice



20-30min



4 Servings

Poke bowls, a Hawaiian dish typically raw fish served over sushi rice, has taken on many new forms and flavors. This recipe kicks it up a notch, by merging teriyaki and poke. Sweet arctic char is crisped to perfection and brushed with teriyaki sauce. The fish is served with a fresh carrot, edamame and ginger salad, quick pickled cucumbers and sushi rice. Cook, relax, and enjoy!

What we send

- carrots
- fresh ginger
- scallions
- sushi rice
- rice vinegar
- Persian cucumber

What you need

- coarse salt
- sugar

Tools

- box grater
- fine-mesh sieve
- nonstick skillet
- 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.

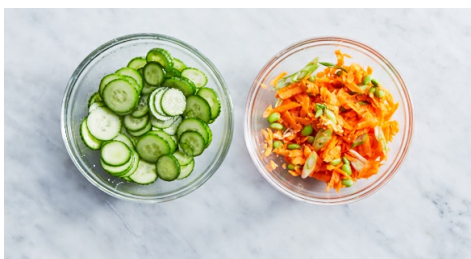
Nutrition per serving

Calories 480.0kcal, Fat 13.6g, Proteins 43.1g, Carbs 39.7g



1. Make rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Drain well and transfer to a small saucepan. Add 1¼ cups **water** and a pinch of **salt** and bring to a boil. Cover and cook over low heat until water is absorbed and rice is plump, about 16 minutes. Keep covered until ready to serve.



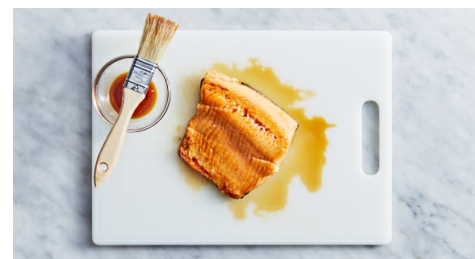
4. Make salads

In a medium bowl, combine **carrots**, **edamame**, **light green** and **white sliced scallion**, **ginger**, and **3 tablespoons dressing**, and season to taste with **salt**. In a small bowl, combine **cucumbers** with **2 tablespoons dressing** and season to taste with **salt**.



2. Prep ingredients

Peel **carrots** and grate on large holes of box grater. In a small bowl, cover **edamame** with **hot water** and let stand 5 minutes. Trim ends from **scallions** and thinly slice on the diagonal; reserve **dark green slices** for Step 6. Thinly slice **cucumbers** into rounds. Peel and finely grate **1 teaspoon ginger** (reserve the rest for your own use).



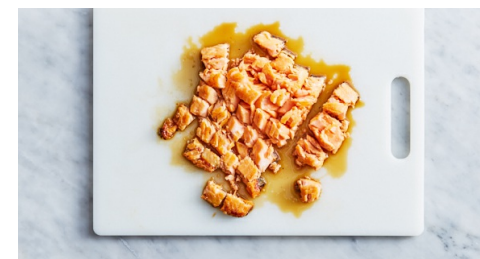
5. Cook fish

Heat 2 teaspoons **oil** in nonstick skillet over high. Add **fish**, **skin-side down**, and cook until skin is crisp and fish is nearly cooked, about 4 minutes. Season top of fish with a pinch of **salt**. Flip and cook until done, about 1 minute. Transfer **fish** to cutting board, **skin-side-down**. Brush top of fish fillets with **teriyaki sauce**.



3. Make dressing

In a medium bowl, combine **rice vinegar**, 1 tablespoon **oil**, 1 tablespoon **sugar**, and 1 tablespoon **salt**.



6. Serve

Pour **remaining dressing** over rice and stir until absorbed. Cut **fish** into ½-inch cubes; drizzle with **remaining teriyaki sauce**. Spoon **rice** into 4 bowls. Making individual piles, top with **fish**, **carrot-edamame salad**, and **cucumber salad** (drizzle with any **remaining dressing** from the bowl over the rice). Garnish with **reserved scallion greens**. Enjoy!