



# Gochujang Salmon Poke Bowl

with Sesame Sweet Potato and Smacked Cucumber

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day

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Sweet Potato



Garlic Clove



Jasmine Rice



Salmon Fillets



Baby Cucumber



Sambal Paste



Rice Vinegar



Gochujang Paste



Honey



Black Sesame Seeds



Poke, pronounced poh-kay, is one of Hawaii's most well-known dishes. Poke means 'to slice' or 'cut crosswise into pieces', so we've made a delicious Korean inspired version for our Gochujang Salmon Poke Bowl.

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray, garlic press, saucepan, lid, baking paper, rolling pin and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Salmon Fillets** 4)	2	3	4
Baby Cucumber**	1	2	2
Sambal Paste	15g	22g	30g
Rice Vinegar	15ml	22ml	30ml
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Black Sesame Seeds 3)	5g	7g	10g
Pantry			
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Rice*	300ml	450ml	600ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Butter for the Sauce*	30g	45g	60g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	615g	100g
Energy (kJ/kcal)	3933/940	639/153
Fat (g)	43.6	7.1
Sat. Fat (g)	12.4	2.0
Carbohydrate (g)	107.4	17.5
Sugars (g)	24.8	4.0
Protein (g)	31.4	5.1
Salt (g)	2.66	0.43

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

3) Sesame 4) Fish 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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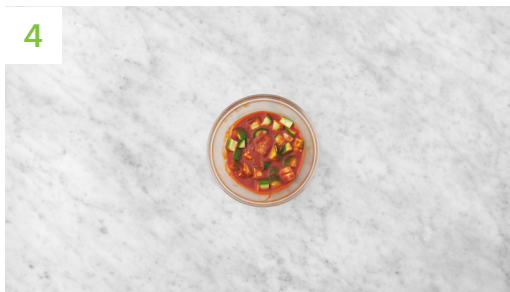
## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 1cm chunks (no need to peel) and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden and tender, 20-25 mins. Turn halfway through.



## Smack the Cucumber

While everything's in the oven, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a medium bowl, combine the **sambal paste**, **rice vinegar** and **sugar for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Add the **cucumber** into the **dressing** and mix together. Set aside.



## Cook the Garlic Rice

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the **oil** (see pantry for amount). When hot, add the **garlic** and stir-fry for 1 min.

Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Time for the Sauce

A few mins before everything's ready, pop a small saucepan on medium heat.

Add the **gochujang paste**, **honey** and **butter for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

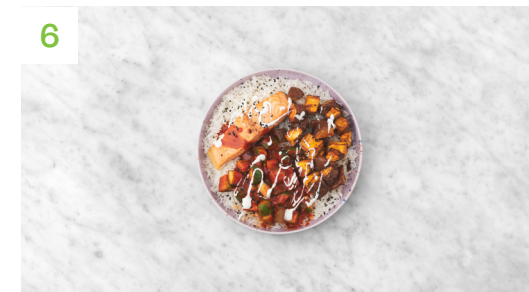
Stir vigorously until the **butter** has melted and the **sauce** is piping hot, 1-2 mins. Remove from the heat.



## Salmon Time

In the meantime, lay the **salmon fillets**, skin-side down, onto another lined medium baking tray. Season with **salt** and **pepper**.

Pop the **salmon** onto the top shelf of your oven until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Serve Up

Share the **rice** between your serving bowls.

Top the **rice** with the **salmon**, **sweet potato** and **smacked cucumber** in separate sections. Spoon the **gochujang butter sauce** over the **fish** (reheat first if needed) and drizzle over any remaining **dressing** over the **cucumber**.

Drizzle over the **mayo** (see pantry for amount) and sprinkle with the **sesame seeds** to finish.

## Enjoy!