

DINNERLY



Teriyaki Salmon Sushi Bowl

with Red Cabbage and Cucumber



25 minutes



2 Servings

Looking for dinner on the table quick smart? This fast recipe is ready in 25 minutes or less and comes with yumness guaranteed.

- 150g Japanese rice
- 150g red cabbage
- 1 Lebanese cucumber
- 2 garlic cloves
- 2 Tasmanian salmon fillets ¹
- 50ml teriyaki sauce ^{2,4,5,6}
- 5g toasted sesame seeds ³

- 1 tbs white vinegar
- 1 tbs vegetable oil
- 2 tsp sugar

- small saucepan with lid
- mandoline (optional)
- small frypan

ALLERGENS

Fish (1), Gluten (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

NUTRITION PER SERVING

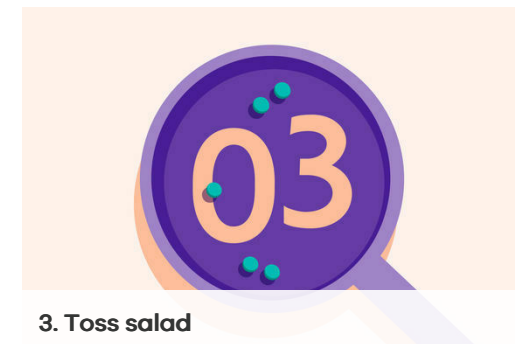
Energy 695kcal, Fat 28.8g, Carbs 70.4g,
Protein 35.6g



Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



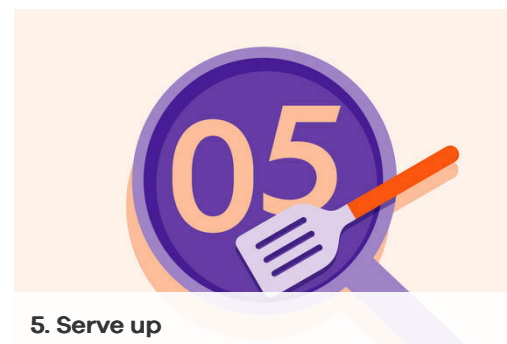
Meanwhile, thinly slice the **cabbage** with a sharp knife or mandoline (see Kitchen 101). Halve the **cucumber** lengthwise, then thinly slice on an angle. Crush or finely chop the **garlic**. Put the **salmon**, garlic and **half the teriyaki sauce** in a bowl, season with **salt and pepper** and toss to coat.



Meanwhile, combine **1 tbs white vinegar**, **2 tsp vegetable oil** and **2 tsp sugar** in a large bowl and season with **salt and pepper**. Add the **cabbage** and **cucumber** and toss to combine.



Heat **2 tsp vegetable oil** in a small frypan over high heat. Cook the **salmon**, skin-side down, for 3 mins or until the skin is crisp and golden. Reduce the heat to medium-high, turn and cook, flesh-side down, for a further 2-3 mins until just cooked or cooked to your liking. Add the **remaining teriyaki sauce** and bring to the boil. Remove the pan from the heat.



Stir **half the sesame seeds** into the rice. Divide the **sesame rice, salmon and salad** among bowls. Scatter over the **remaining sesame seeds** and enjoy!



Get super-thin cabbage with a mandoline or use slow, fine strokes with a large sharp knife. The result is perfect for salad – light, crisp and easy to eat.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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