

Salmon & Shrimp Poke Bowl

with Avocado & Spicy Mayo

ORIGIN

Poke (pronounced *poh-kay*) is a traditional Hawaiian dish of diced raw fish—typically tossed with seaweed and umami-rich sauces, then served over bowls of rice with a bevy of toppings.

WHY WE LOVE THIS RECIPE

Our take on the classic poke bowl features sushi rice topped with cooked shrimp and salmon (flaked and dressed with sesame oil and seaweed-based furikake), crispy onions, and more—all finished with a drizzle of sambal mayo and a sweet and tangy soy-lime sauce.



PREMIUM

2 SERVINGS

🕒 35-45 MINS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical. blueapron.com/wine

Ingredients

 2 Skin-On Salmon Fillets

 10 oz Tail-On Shrimp*

 ½ cup Sushi Rice

 1 Avocado

 2 Persian Cucumbers

 3 oz Radishes

 1 Lime

 2 Tbsps Mayonnaise

 1 Tbsp Sambal Oelek

 ⅓ cup Crispy Onions

 2 Tbsps Soy Glaze

 1 Tbsp Sesame Oil

 ⅓ cup Asian-Style Sautéed Aromatics

 1 tsp Furikake

 10 oz Baby Bok Choy

*peeled & deveined

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1 Prepare the ingredients & make the spicy mayo:

- Wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Quarter the **lime**.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice. Place in a bowl and top with **the juice of 2 lime wedges**; season with salt and pepper.
- Thinly slice the **cucumbers**; place in a bowl and add **half the furikake**; toss to coat.
- Thinly slice the **radishes**.
- To make the sauce, in a bowl, combine the **soy glaze** and **the juice of the remaining lime wedges**.
- In a separate bowl, combine the **mayonnaise**, **2 teaspoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook & finish the rice:

- In a small pot, combine the **rice**, **a big pinch of salt**, and **¾ cup of water**; heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until tender and the water has been absorbed.
- Turn off the heat and fluff with a fork; stir in the **sautéed aromatics** until combined.

3 Cook the salmon:

- Meanwhile, pat the **salmon** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **½ teaspoon of olive oil** on medium until hot. Add the seasoned salmon, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.**
- Transfer to a large bowl. Wipe out the pan.



4 Flake & dress the salmon:

- When cool enough to handle, carefully remove the skin from the **cooked salmon**.
- Using two forks, flake the salmon into large pieces. Add the **sesame oil** and **remaining furikake**; stir to coat.

5 Cook the shrimp:

- Pat the **shrimp** dry with paper towels; remove the tails.
- In the same pan, heat **½ teaspoon of olive oil** on medium-high until hot. Add the **prepared shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque. Continue to cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



6 Cook the bok choy & serve your dish:

- In the pan of reserved fond, heat **½ teaspoon of olive oil** on medium-high until hot. Add the **chopped bok choy**. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **dressed salmon**, **cooked shrimp**, **seasoned cucumbers**, **sliced radishes**, **dressed avocado**, and **cooked bok choy**. Drizzle with the **sauce** and **spicy mayo**. Garnish with the **crispy onions**. Enjoy!

**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 1250, Total Carbohydrates: 81g, Dietary Fiber: 10g, Added Sugar: 8g, Total Fat: 76g, Saturated Fat: 17g, Protein: 63g, Sodium: 2620mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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