



Miele

Quinoa poké bowl with sous-vide maple salmon

By Miele

20 minutes

Preparation Time

1 hour 15 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Sous-vide salmon

80 ml (? cup) tamari or soy sauce
80 ml (? cup) maple syrup
4 skinless salmon fillets, approximately 100 g each)

Steamed quinoa

185 ml ($\frac{3}{4}$ cup) water
1 tbsp white miso paste
100 g ($\frac{1}{2}$ cup) quinoa

Dressing

1 tbsp maple syrup
1 tbsp Siracha sauce
2 tbsp rice wine vinegar
80 ml (? cup) grapeseed oil

Poké bowl

300 g pumpkin, approximately 3cm diced
2 tbsp olive oil
2 tbsp sesame seeds
300 g zucchini, cut into large chunks
40 g ($\frac{1}{4}$ cup) pumpkin seeds
20 g snow pea sprouts

METHOD

Sous-vide salmon

1. Combine tamari and maple syrup and place into a large vacuum bag with salmon. Place in the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
2. Place into the steam oven on a wire rack and Steam at 55°C for 35 minutes. Set aside.

Steamed quinoa

1. In an unperforated steam container, combine the water and miso paste together, stir well. Add in quinoa. Steam at 100°C for 20 minutes.

Dressing

1. Combine all ingredients in a glass jar with lid. Shake well.

Poké bowl

1. Preheat oven on Fan Grill at 200°C.
2. Coat pumpkin in half the olive oil and toss with sesame seeds. In a separate bowl, combine zucchini and remaining oil.
3. Spread pumpkin and zucchini evenly onto a universal tray on shelf level 4.
4. Grill for 17 minutes. Add the pumpkin seeds to the tray and cook for a further 3 minutes.
5. In a bowl, arrange pumpkin, zucchini, quinoa and sprouts to form a circle.
6. Place the salmon in the middle on top, and then sprinkle with pumpkin seeds. Serve with the dressing on the side.

Sous-vide salmon guide

41°C – firm texture, like sashimi

43°C – Soft and buttery texture

46°C – looks translucent, flesh starting to flake

49°C – very moist and tender.

55°C – our preferred temperature for this dish. Fish is firm, moist and flaky.

Hints and tips

- Salmon can be marinated for up to 24 hours prior to cooking.
- For softer textured quinoa, Steam for an additional 5 minutes.
- Talk to your fishmonger about which salmon is most sustainable, we used NZ king salmon in this dish.