



# 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 (¾ cup) water 1 tbsp white miso paste 100 g (½ cup) quinoa

# **Dressing**

1 tbsp maple syrup1 tbsp Siracha sauce2 tbsp rice wine vinegar80 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 (¼ 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.