



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BEAN SHOOTS

Bean shoots are an easy way to boost the nutrients in your diet with good levels of vitamin C, folate and iron. Iron is involved in various bodily functions, including the transport of oxygen in the blood and is also vital for brain development!



1. MISO SALMON

WITH RICE AND CRUNCHY SALAD

 30 Minutes

 4 Servings

Bring the flavours of Asia to your dinner plate with this delicious salmon recipe. The savoury touch from the miso paste perfectly complements the salmon fillets, creating a dinner you won't forget! And better yet? It's ready in no time.

FROM YOUR BOX

BASMATI RICE	300g
MISO (PASTE + GARNISH)	1
SESAME SEEDS	1 tub (30g)
SPRING ONIONS	1/3 bunch *
SALMON FILLETS (SKIN ON)	2 packets
CELERY STICKS	2
CONTINENTAL CUCUMBER	1
PURPLE CARROT	1
BEAN SHOOTS	1 bag (250g)
LEMON	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), pepper, sugar, white or rice wine vinegar, soy sauce

KEY UTENSILS

saucepan, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Serve dressing on the side if preferred.

No fish option - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add miso garnish (reserve paste for step 4).

Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



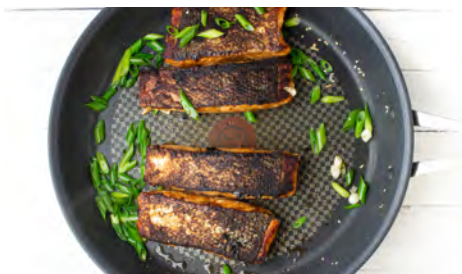
2. TOAST THE SESAME SEEDS

Toast sesame seeds in a large dry frypan until golden. Set aside in a bowl, reserve pan for step 4.



3. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp soy sauce**, **1 tbsp vinegar**, **1 tbsp sesame oil** and **1 tsp sugar**. Thinly slice and add 1 spring onion.



4. COOK THE SALMON

Slice remaining spring onions.

Reheat frypan over medium-high heat. Rub salmon with **oil** and miso paste. Cook, skin-side down, for 3-4 minutes. Turn and add spring onions, cook for further 3 minutes, or until cooked to your liking.



5. PREPARE THE SALAD

Slice celery and cucumber (deseed if desired), julienne or ribbon carrot. Add to dressing bowl. Toss together with bean shoots and sesame seeds, season with **pepper** and extra **soy** if needed (see notes).



6. FINISH AND PLATE

Wedge lemon.

Serve miso salmon and salad with rice and a lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

