



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SALMON

Salmon is an excellent source of high quality protein, vitamins and minerals. It contains omega-3 fatty acids, required for healthy brain function, heart health, joints and general well-being!



1. SALMON

WITH GARLIC, GINGER AND MUSHROOMS

 30 Minutes

 4 Servings

Charred Asian greens and mushrooms with salmon fillets in a delicate soy broth, topped with chilli and served with black rice.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
42g	32g	58g

10 February 2020

FROM YOUR BOX

BLACK RICE	300g
SPRING ONIONS	1/4 bunch *
RED CHILLI	1
PICKLED GINGER	1/2 jar *
GARLIC	2 cloves
ASIAN GREENS	1 bunch
BUTTON MUSHROOMS	200g
SALMON FILLETS	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), maple syrup (or sweetener of choice), rice wine vinegar

KEY UTENSILS

2 saucepans, frypan

NOTES

Use sesame oil for added flavour if you have any.

Use a shallow serving dish that will hold a sauce.

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



1. COOK THE BLACK RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. PREPARE THE GARNISHES

Slice spring onions and chilli. Set aside with pickled ginger.



3. MAKE THE SAUCE

Heat a small saucepan over medium heat with **1 tbsp oil** (see notes). Crush and add garlic. Add **3 tbsp soy sauce**, **2 tsp vinegar** and **1 tbsp maple syrup**. Pour in **1 cup water** and simmer for 5 minutes. Take off heat and set aside.



4. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp oil**. Quarter asian greens lengthways. Cut mushrooms in halves. Cook for 3-4 minutes until tender (in batches if needed). Remove to a serving dish (see notes).



5. COOK THE SALMON

Coat salmon with **1 tbsp oil** and **1/2 tbsp soy sauce**. Cook in pan for 3-4 minutes each side or until cooked through. Remove to vegetables.



6. FINISH AND PLATE

Pour prepared sauce over salmon and vegetables. Top with garnishes and serve with black rice.