



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kiwi Fruti


High in vitamin C and K as well as a good source of dietary fibre and vitamin E, these are little power capsules!



1 Jerk Spiced Salmon with Rice and Kiwi Salsa

Salmon coated in our delicious jerk spice, lovingly blended by Turban Chopsticks. Served with a kiwi fruit salsa, rice and a lemon and parsley dressing.

 25 minutes

 2 servings

 Fish

24 December 2021

Mix it up!

If you are not a fan of jerk spice it is easy to change up the flavours. Season the salmon with lemon zest, any fresh herbs, or a little smoked paprika and salt and pepper.

FROM YOUR BOX

BASMATI RICE	150g
PARSLEY	1 bunch
LEMON	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
KIWI FRUIT	1
SALMON FILLETS	1 packet
JERK SPICE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup

KEY UTENSILS

frypan, saucepan

NOTES

Use maple syrup to taste, depending on the sweetness of the kiwi fruit.

Left over spice works beautifully rubbed into chicken or steaks.

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



2. MAKE THE DRESSING

Chop parsley to yield 2 tbsp. Zest and juice 1/2 lemon (wedge remaining) into a small bowl. Whisk together with **3 tbsp olive oil, 1-2 tsp maple syrup** (see notes), **salt and pepper**.



3. MAKE THE SALSA

Dice cucumber, quarter cherry tomatoes, peel and dice kiwi fruit. Toss together with **1/2 tbsp olive oil**.



4. COOK THE SALMON

Heat a frypan over medium-high heat with **oil**. Rub salmon with **oil** and 2 tsp jerk spice. Cook salmon for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Serve salmon with rice, salsa, lemon wedge and dressing. Garnish with parsley to taste.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

