



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 Teriyaki Salmon

Crispy-skin salmon on brown rice with a sesame slaw and charred greens, finished with a flavourful ginger-teriyaki dressing.

 30 minutes

 4 servings

 Fish

21 September 2020

Add crunch!

*Toast some sesame seeds and sprinkle over the top for an extra special finish!
Or if you have any fried shallots you can add them to the slaw for some crunch.*

FROM YOUR BOX

BROWN RICE	300g
ORIENTAL SLAW	1 bag (250g)
GINGER	1 piece
GARLIC CLOVE	1
ASIAN GREENS	1 bunch
SALMON FILLETS (SKIN ON)	2 packets
CHIVES	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce, white wine vinegar, sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

No fish option - salmon fillets are replaced with sliced chicken breast. Increase cooking time to 6-8 minutes 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. PICKLE THE SLAW

Whisk together **1 tbsp sesame oil** and **2 tbsp vinegar**. Toss through oriental slaw and set aside.



3. MAKE TERIYAKI SAUCE

Grate ginger to yield roughly 1 tbsp. Combine with crushed garlic, **3 tbsp soy sauce**, **2 tbsp vinegar**, **1 tbsp sugar** and **2 tbsp sesame oil** in a bowl.



4. COOK THE GREENS

Halve asian greens lengthways. Heat a frypan with **sesame oil** over medium-high heat. Cook greens for 3-4 minutes each side until tender.



5. COOK THE SALMON

Reheat pan over medium-high heat. Coat salmon with **1 tsp sesame oil** and place in pan skin-side down. Cook for 4 minutes until crispy. Turn fillets and spoon over 2 tbsp teriyaki sauce. Cook for 3 minutes.



6. FINISH AND PLATE

Divide rice, asian greens, salmon and slaw among bowls. Spoon over remaining teriyaki sauce to taste. Garnish with sliced chives.

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

