



Product Spotlight: Brown Rice

What's the difference between brown and white rice? When the first outer layer, the husk, is removed, it is brown rice. When you further mill it to remove the bran and germ layer, then polish it, you get white rice.



Jerk Salmon with Green Salsa

Fresh salmon fillets seasoned with a Jamaican-inspired blend of spices, paired with a fresh apple and cucumber salsa served over brown rice, then drizzled with a lime vinaigrette.



25 minutes



2 servings



Fish

Boost the Flavour!

You can season the salmon fillets and leave them in a sealed container overnight to boost the flavour! Add the lime zest or some crushed garlic if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	22g	41g

FROM YOUR BOX

BROWN RICE	150g
LEBANESE CUCUMBER	1
GREEN APPLE	1
AVOCADO	1
SHALLOT	1
CORIANDER	1 packet
LIME	1
SALMON FILLETS	1 packet
JERK SPICE MIX	1 tub

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Any leftover Jerk spice mix can be used to season roast vegetables, chicken or stirred through yoghurt to make a dip!

Jerk spice mix: ground cumin, ground paprika, brown sugar, garlic powder, dried parsley, nutmeg, cinnamon.



1. COOK THE RICE

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



2. PREPARE THE SALSA

Dice **cucumber**, **apple** and **avocado**. Finely slice **shallot** and **coriander**. Toss together and set aside.



3. PREPARE THE DRESSING

Whisk together **zest and juice from 1/2 lime** (wedge remaining), **2 tbsp olive oil** and **1 tsp sugar** (see notes). Season with **salt and pepper**. Set aside.



4. COOK THE SALMON

Coat **salmon fillets** with **1 tbsp jerk spice mix** and season with **salt** (see notes). Heat a frypan or griddle pan over medium-high heat with **oil**. Cook **salmon** for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Divide **rice**, **salsa** and **salmon** among bowls. Spoon over **dressing** to taste. Serve with **lime wedges**.



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