

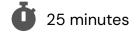




Jerk Salmon

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.





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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

36g 44

44g

100g

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 sachet

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!





1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 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 <u>zest and juice from</u>

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.



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



