



### Product Spotlight: Bean Shoots


To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



## Korean Salmon Tray Bake

Salmon fillets roasted in a flavourful Korean BBQ sauce with a rainbow of vegetables, served over pre-cooked brown rice and quinoa and fresh red chilli!

 30 minutes

 2 servings

 Fish

## Switch it up!

*Turn this dish into a stir fry! Coat salmon fillets with 1/2 prepared sauce and cook in a pan. Remove salmon and add vegetables. Stir fry until tender, add brown rice & quinoa and sauce. Flake salmon and add to stir fry.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 21g **CARBOHYDRATES** 53g

## FROM YOUR BOX

KOREAN BBQ SAUCE	1 sachet
GARLIC CLOVE	1
SPRING ONIONS	1 bunch
CARROTS	2
KAI LAN	1 bunch
SALMON FILLETS	1 packet
RED CHILLI	1
BEAN SHOOTS	1 packet
BROWN RICE & QUINOA	1 packet

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari), white wine vinegar

## KEY UTENSILS

oven tray

## NOTES

Remove seeds from chilli for a milder heat.

To warm the rice & quinoa you can place the packet in a bowl, cover with hot water and leave to sit for 3 minutes to warm through.



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### 1. MAKE THE SAUCE

Set oven to 220°C.

Add **Korean BBQ sauce**, **crushed garlic**, **1 1/2 tbsp soy sauce** and **1 1/2 tbsp sesame oil** to a bowl. Mix to combine.



### 4. PREPARE THE TOPPINGS

Slice **reserved spring onion green tops** and **chilli** (see note). Set aside with **bean shoots**.

Warm **rice & quinoa** according to packet instructions (see notes).



### 2. PREPARE THE TRAY BAKE

Cut **spring onions** into 3cm pieces (reserve green tops for garnish). Thinly slice **carrots** and halve **kai lan** (use to taste). Add to a lined oven tray and drizzle with **sesame oil**.



### 5. FINISH AND SERVE

Divide **rice & quinoa** among bowls. Add **roasted veg**, **salmon**, and **fresh toppings**. Serve with **reserved sauce** to drizzle over as desired.



### 3. ROAST THE SALMON

Coat **salmon** with **1/2 prepared sauce** (reserve remaining to serve). Add to oven tray and roast with **vegetables** for 15 minutes until **salmon** is cooked through and **veggies** are tender.

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