



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	TOTAL FAT	CARBOHYDRATES
	37g	21g	61g

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**. Add to a lined oven tray and drizzle with **sesame oil**.



6. 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 15-20 minutes until salmon is cooked through and veggies are tender.

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**

