

**Product Spotlight:  
Radishes**

Radishes have a mild to hot peppery flavour and crunchy texture. The strength can vary a lot; if they are too strong, slice and place them in water for 30 minutes before eating!



## Maple Glazed Salmon Bowl

Sweet and smoky salmon fillets baked in a maple glaze served on a bed of brown rice with crisp radishes and snow pea sprouts and finished with an orange dressing.



30 minutes



2 servings



Fish

### Jazz it up!

*Add some grated ginger to the dressing and avocado to the salad if you have some! This dish is also delicious with a sprinkle of dukkah or seeds at the end.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	40g	34g	92g

## FROM YOUR BOX

BROWN RICE	150g
SALMON FILLETS	1 packet
ORANGE	1
RADISHES	1 bunch
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, maple syrup, red wine vinegar

## KEY UTENSILS

saucepan, oven dish

## NOTES

You can use apple cider or white wine vinegar if you don't have red wine vinegar.

Use the radishes and snow pea sprouts to taste.



### 1. COOK THE RICE

Set oven to 220°C.

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



### 2. COOK THE SALMON

Combine **1 tbsp maple syrup**, **1 tsp smoked paprika** and **1 tbsp olive oil**. Place **salmon fillets** in a lined oven dish, pour over paprika mixture and season with **salt and pepper**. Roast for 10 minutes or until cooked to your liking.



### 3. PREPARE THE DRESSING

Zest **orange** to yield 1 tsp. Whisk the zest together with **1 tbsp maple syrup**, **1 tbsp vinegar**, **1 tbsp olive oil**, **salt and pepper** (see notes).



### 4. PREPARE THE TOPPINGS

Slice or dice **orange** and **radishes** (see notes). Set aside with **snow pea sprouts**.



### 5. FINISH AND SERVE

Divide rice, toppings and salmon among bowls. Serve with dressing to taste.



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