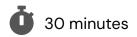


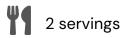




# **Maple Glazed Salmon Bowl**

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.







# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

348

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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