



Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



Ras El Hanout Salmon

with Honey Spiced Rice Salad

Crispy skin-on salmon on a nutty brown rice salad with broccoli and mint, all tossed with a warm honey and lemon vinaigrette.



30 minutes



2 servings



Fish

Spice it up!

You can add some toasted nuts or seeds to the salad if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	21g	69g

FROM YOUR BOX

BROWN RICE	150g
BROCCOLI	1
RAS EL HANOUT SPICE MIX	1 packet
LEMON	1
HONEY SHOTS	2
GREEN CAPSICUM	1
SHALLOT	1
MINT	1 packet
SKIN-ON SALMON	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse salmon and pat dry with paper towel before coating with spice. Removing the excess moisture will help the skin crisp up!

Ras El Hanout spice mix: ground cumin, ground coriander, ground paprika, ground turmeric, ground allspice, coconut sugar.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20-25 minutes, or until tender (see step 2).



2. ADD THE BROCCOLI

Chop **broccoli** into smaller pieces. Add to boiling **rice** for last the 5 minutes to cook. When **rice** is tender, drain and rinse (see step 4).



3. WARM THE VINAIGRETTE

Reserve **2 tsp spice mix** for **salmon**.

Add remaining **spice** to a frypan over medium heat with **1/4 cup olive oil**. Cook, stirring for 2-3 minutes until fragrant. Stir in **1/2 lemon juice** (wedge remaining) and **honey**. Transfer to a large salad bowl.



4. TOSS THE SALAD

Dice **capsicum** and thinly slice **shallot**. Roughly chop **mint leaves**. Add to bowl with **dressing**. Toss together with **cooked rice** and **broccoli**. Season with **salt and pepper**, set aside.



5. COOK THE SALMON

Coat **salmon** with reserved **spice, oil, salt and pepper** (see notes). Reheat frypan over medium-high heat. Cook **salmon**, skin side down for 4 minutes. Turn over and cook for 3-4 minutes or until cooked through.



6. FINISH AND SERVE

Divide **rice salad** and **salmon** among plates. Serve with **lemon wedges**.

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