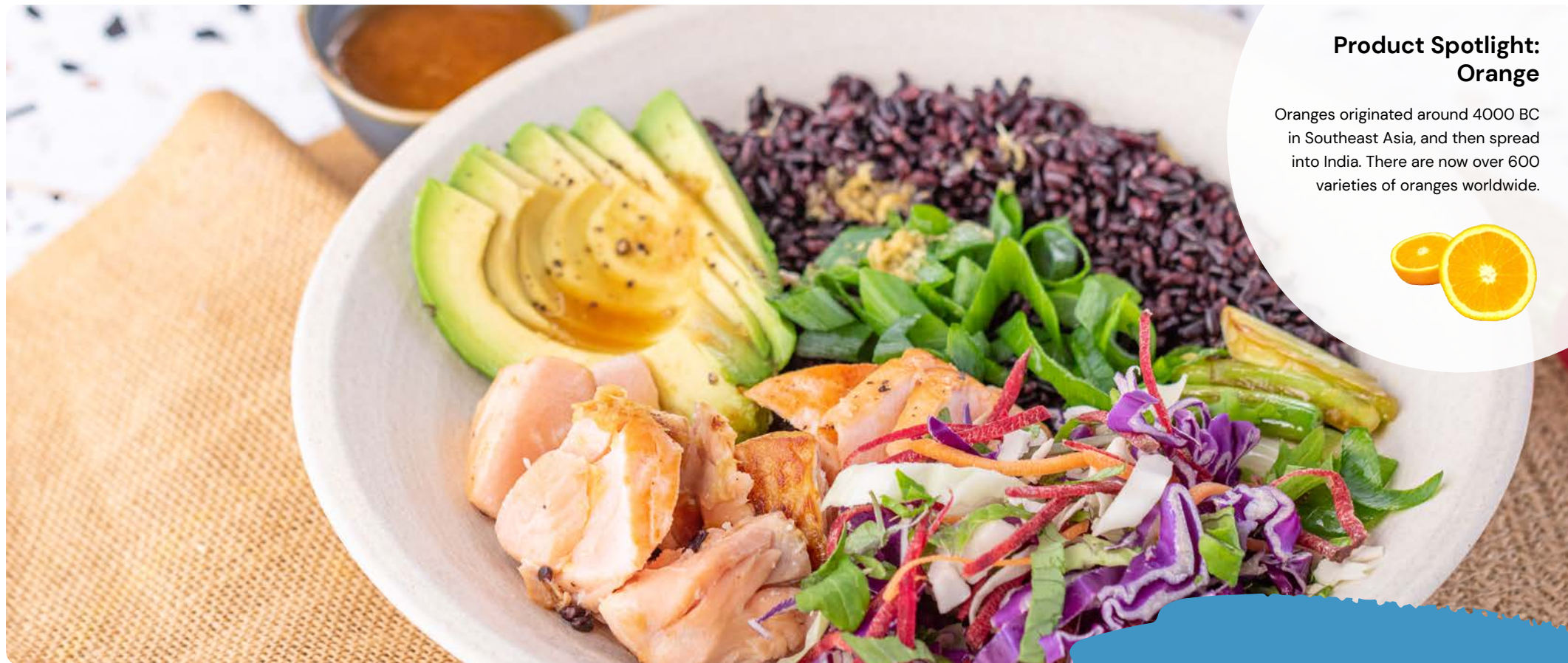




Product Spotlight: Orange

Oranges originated around 4000 BC in Southeast Asia, and then spread into India. There are now over 600 varieties of oranges worldwide.



Salmon & Black Rice Poke

Pan-fried salmon and softened spring onions served over black rice with creamy avocado and a fresh citrus and ginger dressing.



30 minutes



2 servings



Fish

Spice it up!

Add 1/2 tsp miso paste to your dressing for extra depth of flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	50g	90g

FROM YOUR BOX

BLACK RICE	150g
GINGER	1 piece
ORANGE	1
AVOCADO	1
SPRING ONIONS	1 bunch
SALMON FILLETS	1 packet
SEASONAL ORIENTAL SLAW	1 bag

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have sesame oil, any neutral oil will work well.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, until tender. Drain and rinse with cold water.



2. MAKE THE DRESSING

Peel and grate ginger, add to a bowl with orange juice, **1 tsp vinegar**, **2 tbsp sesame oil**, **1 tbsp soy sauce** and **pepper**, whisk together.



3. PREPARE THE INGREDIENTS

Slice the avocado and spring onion green tops.



4. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon in **sesame oil**, **salt** and **pepper** and add to pan. Slice remaining spring onion into 3cm long pieces, add to pan as you go. Cook for 3-4 minutes each side, or until salmon is cooked through.



5. FINISH AND PLATE

Divide rice into bowls, top with prepared vegetables and slaw. Flake salmon into bowls, drizzle over dressing.



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