



Product Spotlight: Spring Onions

Did you know you can re-grow spring onions? Slice them, leaving about 1cm of the white end with roots attached.

Stand the bulbs root-end down in a jar of water, change the water at least once a week and watch them grow!



Salmon with Sizzling Spring Onion Sauce

Salmon fillets baked in white miso paste, served over brown rice and stir fried Asian greens with a sizzling spring onion and chilli sauce.



35 minutes



2 servings



Fish

Spice it up!

For the stir fry at step 5, use sesame oil for extra flavour, add soy sauce, tamari, or hoisin to the greens for extra depth, and lime juice or rice vinegar for zing!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	30g	65g

FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	1 bunch
RED CHILLI	1
GARLIC	2 cloves
ASIAN GREENS	2 bulbs
MISO PASTE	50g
SALMON FILLETS	1 packet
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Left over miso paste can be stored in the fridge or freezer. Add to a cup of hot water with sliced spring onion for a quick miso soup.

Substitute olive oil with butter for a richer flavour.

For extra texture, sprinkle over toasted sesame seeds or chopped peanuts.



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1. COOK THE RICE

Set oven to 220°C.

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



2. PREPARE THE INGREDIENTS

Slice **spring onions**, dice **chilli** and crush **garlic**, add to a bowl as you go. Slice **Asian greens**. Slice **cucumbers** and set aside.



3. ROAST THE SALMON

Add **1/2 miso paste** (see notes) to a bowl along with **1 tbsp oil**. Add **salmon** to a lined oven dish. Coat salmon with miso paste mix. Roast for 8-12 minutes until salmon is cooked to your liking.



4. MAKE SIZZLING SAUCE

Heat a large frypan over medium-high heat with **1/3 cup oil**. Cook for 1-2 minutes until oil is shimmering on the surface. Remove from heat and pour oil over bowl with **spring onion, chilli** and **garlic**.



5. STIR FRY ASIAN GREENS

Heat a large frypan over medium-high heat with **oil** (see notes). Add remaining **garlic** and **Asian greens** to frypan. Stir fry for 1 minute. Add **rice** and stir fry for further 2-3 minutes until Asian greens are tender. Season to taste with **salt and**



6. FINISH AND SERVE

Divide stir fried **Asian greens** and **rice** among shallow bowls. Top with **salmon**. Drizzle over **sauce** and top with **cucumber** (see notes).

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