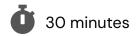




# **Maple Glazed Salmon Bowl**

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





4/6 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.

TOTAL FAT CARBOHYDRATES

70g

#### FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
SALMON FILLETS	2 packets	3 packets
ORANGES	2	3
RADISHES	1 bunch	1 bunch
SNOW PEA SPROUTS	1 punnet	1 punnet

#### FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, maple syrup, red wine vinegar (see notes)

#### **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

Mix 2 tbsp maple syrup, 2 tsp smoked paprika and 2 tbsp olive oil. Place salmon in a lined dish, coat with mixture, season, and roast 10 mins or until cooked to your liking.

6P - use 3 tbsp maple syrup, 3 tsp smoked paprika and 3 tbsp olive oil.



#### 3. PREPARE THE DRESSING

Zest orange to yield 1 tsp and whisk with 2 tbsp maple syrup, 2 tbsp vinegar, 2 tbsp olive oil, salt and pepper.

6P – zest orange to yield 2 tsp and whisk with 3 tbsp maple syrup, 3 tbsp vinegar, 3 tbsp olive oil, salt and pepper.



### 4. PREPARE THE TOPPINGS

Slice or dice **oranges** 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.







