



### Product Spotlight: Brown Rice

What's the difference between brown and white rice? When the first outer layer, the husk, is removed, it is brown rice. When you further mill it to remove the bran and germ layer, then polish it, you get white rice.



## Jerk Salmon with Green Salsa

Fresh salmon fillets seasoned with a Jamaican-inspired blend of spices, paired with a fresh apple and cucumber salsa served over brown rice, then drizzled with a lime vinaigrette.



25 minutes



4/6 servings



Fish

## Boost the Flavour!

*You can season the salmon fillets and leave them in a sealed container overnight to boost the flavour! Add the lime zest or some crushed garlic if you have some.*

|            |                |                  |                      |
|------------|----------------|------------------|----------------------|
| Per serve: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 31g            | 20g              | 44g                  |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON    |
|--------------------|-----------|-------------|
| BROWN RICE         | 300g      | 300g + 150g |
| LEBANESE CUCUMBERS | 2         | 3           |
| GREEN APPLE        | 1         | 2           |
| AVOCADO            | 1         | 2           |
| SHALLOT            | 1         | 1           |
| CORIANDER          | 1 packet  | 1 packet    |
| LIME               | 1         | 2           |
| SALMON FILLETS     | 2 packets | 3 packets   |
| JERK SPICE MIX     | 1 tub     | 1 tub       |

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, apple cider vinegar (see notes), sugar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use red or white wine vinegar if you don't have apple cider vinegar.

*Jerk spice mix: cumin, paprika, brown sugar, garlic powder, dried parsley, nutmeg and cinnamon.*



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### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 4. COOK THE SALMON

Coat **salmon fillets** with **jerk spice mix** and season with **salt**. Heat a frypan or griddle pan over medium–high heat with **oil**. Cook **salmon** for 3–4 minutes each side or until cooked to your liking.



### 2. PREPARE THE SALSA

Dice **cucumbers**, **apple** and **avocado**. Finely slice **shallot** and **coriander**. Toss together and set aside.



### 5. FINISH AND SERVE

Divide **rice**, **salsa** and **salmon** among bowls. Spoon over **dressing** to taste. Serve with **lime wedges**.



### 3. PREPARE THE DRESSING

Whisk together **zest and juice from 1/2 lime** (wedge remaining), **1/2 tbsp vinegar**, **1/4 cup olive oil** and **2 tsp sugar**. Season with **salt and pepper**. Set aside.

**6P – Whisk together zest and juice from 1 lime, 1 tbsp vinegar, 1/3 cup olive oil and 3 tsp sugar. Season with salt and pepper. Wedge remaining 1 lime.**

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