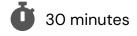


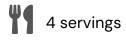




Korean Salmon Tray Bake

Salmon fillets roasted in a flavourful Korean BBQ sauce with a rainbow of vegetables, served over precooked brown rice and quinoa and fresh red chilli!







Switch it up!

Turn this dish into a stir fry! Coat salmon fillets with 1/2 prepared sauce and cook in a pan. Remove salmon and add vegetables. Stir fry until tender, add brown rice & quinoa and sauce. Flake salmon and add to stir fry.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 19g

g

39g

FROM YOUR BOX

KOREAN BBQ SAUCE	2 sachets
GARLIC	2 cloves
SPRING ONIONS	1 bunch
CARROTS	3
KAILAN	1 bunch
SALMON FILLETS	2 packets
RED CHILLI	1
BEAN SHOOTS	1 packet
BROWN RICE & QUINOA	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray

NOTES

Remove seeds from chilli for a milder heat.

To warm the rice & quinoa you can place the packet in a bowl, cover with hot water and leave to sit for 3 minutes to warm through.





1. MAKE THE SAUCE

Set oven to 220°C.

Add Korean BBQ sauce, crushed garlic, 2 tbsp soy sauce and 2 tbsp sesame oil to a bowl. Mix to combine.



2. PREPARE THE TRAY BAKE

Cut **spring onions** into 3cm pieces (reserve green tops for garnish). Thinly slice **carrots** and halve **kai lan**. Add to a lined oven tray and drizzle with **sesame** oil.



3. ROAST THE SALMON

Coat **salmon** with 1/2 prepared sauce (reserve remaining to serve). Add to oven tray and roast with vegetables for 15-20 minutes until salmon is cooked through and veggies are tender.



4. PREPARE THE TOPPINGS

Slice reserved spring onion green tops and **chilli** (see note). Set aside with **bean shoots**.

Warm **rice & quinoa** according to packet instructions.



6. FINISH AND SERVE

Divide rice & quinoa among bowls. Add roasted veg, salmon, and fresh toppings. Serve with reserved sauce to drizzle over as desired.

