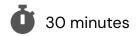


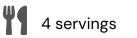




Maple Glazed Salmon Bowl

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







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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 33

g

88g

FROM YOUR BOX

BROWN RICE	300g
SALMON FILLETS	2 packets
ORANGES	2
RADISHES	1 bunch
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, maple syrup, red wine vinegar

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

Combine 2 tbsp maple syrup, 2 tsp smoked paprika and 2 tbsp olive oil. Place salmon fillets in a lined oven dish, pour over paprika mixture and season with salt and pepper. Roast for 10 minutes or until cooked to your liking.



3. PREPARE THE DRESSING

Zest orange to yield 1 tsp. Whisk the zest together with 2 tbsp maple syrup, 2 tbsp vinegar, 2 tbsp olive oil, salt and pepper (see notes).



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.



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