



Product Spotlight: Radishes

Radishes have a mild to hot peppery flavour and crunchy texture. The strength can vary a lot; if they are too strong, slice and place them in water for 30 minutes before eating!



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.



30 minutes



4 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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	33g	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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