



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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, finished with an orange dressing.



30 minutes



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.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	17g	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.



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