



Product Spotlight: The Ugly Mug

Traditionally, tare is the 'secret sauce' that gives ramen soup its complex flavour. The Ugly Mug uses miso, sake, mirin and salt in its tare. We love its deep flavour and many applications, and we think you will too!



Miso Spring Onion Salmon

Brown Rice Bowl

Roasted salmon over nutty brown rice with stir-fried Asian greens and bean shoots, finished with a miso and spring onion sauce.



30 minutes



4/6 servings



Fish

Spice it up!

This dish would love some heat! Add a sprinkle of dried chilli flakes, slices of fresh red chilli or a few drops of your favourite hot sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	21g	73g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
SALMON FILLETS	2 packets	3 packets
SPRING ONIONS	1 bunch	2 bunches
ASIAN GREENS	1 bunch	1 bunch
GARLIC CLOVES	2	3
BEAN SHOOTS	1 bag	1 bag
TARE	100g	2 x 100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Pan-fry or BBQ salmon if desired.

You can add 1/2 – 1 tbsp soy sauce to the miso sauce if you like.



1. COOK THE RICE

Set oven to 220°C.

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



2. ROAST THE SALMON

Place **salmon** on a lined oven tray (see notes). Coat with **oil, salt and pepper**. Roast for 15 minutes until **salmon** is cooked to your liking.



3. PREPARE THE VEGETABLES

Cut **spring onions** into 3cm pieces. Thinly slice **green tops** and reserve for step 5. Slice **Asian greens**. Crush **garlic cloves** and set aside with **bean shoots**.



4. STIR-FRY THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add **spring onions, Asian greens** and **1/2 crushed garlic** to the pan. Stir-fry for 2 minutes. Add **bean shoots** and cook for a further minute. Season to taste with **salt and pepper**. Remove vegetables and keep pan over heat.



5. MAKE THE MISO SAUCE

Add **2 tbsp butter** to reserved pan along with **spring onion green tops** and **remaining garlic**. Cook for 2 minutes. Reduce heat to medium, and pour in **tare** and **1 cup water** (see notes). Cook for 2–3 minutes until warmed through.

6P – use 3 tbsp butter and 1 1/2–2 cups water.



6. FINISH AND SERVE

Divide **rice** among bowls. Top with **stir-fry vegetables** and **salmon**. Spoon over **miso sauce**.



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