

**Product Spotlight:**  
**Broccoli**

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



## Ras El Hanout Salmon

### with Honey Spiced Rice Salad

Crispy skin-on salmon on a nutty brown rice salad with broccoli and mint, all tossed with a warm honey and lemon vinaigrette.



30 minutes



4 servings



Fish

## Spice it up!

*You can add some toasted nuts or seeds to the salad if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	21g	61g

## FROM YOUR BOX

BROWN RICE	300g
BROCCOLI	1
RAS EL HANOUT SPICE MIX	1 packet
LEMON	1
HONEY SHOTS	2
GREEN CAPSICUM	1
SHALLOTS	2
MINT	1 packet
SKIN-ON SALMON	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse salmon and pat dry with paper towel before coating with spice. Removing the excess moisture will help the skin crisp up!

*Ras El Hanout spice mix: ground cumin, ground coriander, ground paprika, ground turmeric, ground allspice, coconut sugar.*



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### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20-25 minutes, or until tender (see step 2).



### 2. ADD THE BROCCOLI

Chop **broccoli** into smaller pieces. Add to boiling **rice** for the last 5 minutes to cook. When **rice** is tender, drain and rinse (see step 4).



### 3. WARM THE VINAIGRETTE

Reserve **3 tsp spice mix** for **salmon**. Add remaining **spice** to a frypan over medium heat with **1/4 cup olive oil**. Cook, stirring for 2-3 minutes until fragrant. Stir in **1/2 lemon juice** (wedge remaining) and **honey**. Remove to a large salad bowl.



### 4. TOSS THE SALAD

Dice **capsicum** and thinly slice **shallots**. Roughly chop **mint leaves**. Add to bowl with dressing. Toss all together with cooked **rice and broccoli**. Season with **salt and pepper**, set aside.



### 5. COOK THE SALMON

Coat **salmon** with reserved **spice, oil, salt and pepper** (see notes). Reheat frypan over medium-high heat. Cook **salmon**, skin side down for 4 minutes. Turn over and cook for 3-4 minutes or until cooked through.



### 6. FINISH AND SERVE

Divide **rice salad** and **salmon** among plates. Serve with **lemon wedges**.

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