

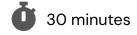


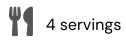


Ras El Hanout Salmon

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.







Spice it up!

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

TOTAL FAT CARBOHYDRATES

22g

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.





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**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



