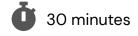


# Salmon & Black Rice Poke

Pan-fried salmon and softened spring onions served over black rice with creamy avocado and a fresh citrus and ginger dressing.







# Spice it up!

Add 1/2 tsp miso paste to your dressing for extra depth of flavour.

42g

#### FROM YOUR BOX

BLACK RICE	300g
GINGER	1 piece
ORANGE	1
AVOCADO	1
SPRING ONIONS	1 bunch
SALMON FILLETS	2 packets
SEASONAL ORIENTAL SLAW	1 bag

#### FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce (or tamari), white wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

If you don't have sesame oil, any neutral oil will work well.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, until tender. Drain and rinse with cold water.



## 2. MAKE THE DRESSING

Peel and grate ginger, add to a bowl with orange juice, 1 tsp vinegar, 2 tbsp sesame oil, 1 tbsp soy sauce and pepper, whisk together.



#### 3. PREPARE THE INGREDIENTS

Slice the avocado and spring onion green tops.



### 4. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon in **sesame oil, salt and pepper** and add to pan. Slice remaining spring onion into 3cm long pieces, add to pan as you go. Cook for 3-4 minutes each side, or until salmon is cooked through.



# 5. FINISH AND PLATE

Divide rice into bowls, top with prepared vegetables and slaw. Flake salmon into bowls, drizzle over dressing.



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



