



Product Spotlight: Orange

Oranges originated around 4000 BC in Southeast Asia, and then spread into India. There are now over 600 varieties of oranges worldwide.



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.



30 minutes



4/6 servings



Fish

Spice it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g/37g	22g/27g	66g/72g

FROM YOUR BOX

	4 PERSON	6 PERSON
BLACK RICE	300g	300g + 150g
GINGER	1 piece	1 piece
ORANGE	1	2
AVOCADO	1	2
SPRING ONIONS	1 bunch	2 bunches
SALMON FILLETS	2 packets	3 packets
ORIENTAL SLAW	1 bag	2 bags

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.



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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.

6P – add **grated ginger** to a bowl with **orange juice**, **2 tsp vinegar**, **2 tbsp sesame oil**, **1 1/2 tbsp soy sauce** and **pepper**.



3. PREPARE THE INGREDIENTS

Slice the **avocado** and **spring onion green tops** (reserve remaining for step 4).



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 onions** 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

