



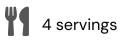


## Salmon

## with Sizzling Spring Onion Sauce

Salmon fillets baked in white miso paste, served over brown rice and stir fried Asian greens with a sizzling spring onion and chilli sauce.







# Spice it up!

For the stir fry at step 5, use sesame oil for extra flavour, add soy sauce, tamari, or hoisin to the greens for extra depth, and lime juice or rice vinegar for zing!

PROTEIN TOTAL FAT CARBOHYDRATES

29g

30g

65g

## **FROM YOUR BOX**

BROWN RICE	300g
SPRING ONIONS	1 bunch
RED CHILLI	1
GARLIC	2 cloves
ASIAN GREENS	1 bunch
MISO PASTE	50g
SALMON FILLETS	2 packets
LEBANESE CUCUMBERS	2

### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan, oven dish

#### **NOTES**

Substitute olive oil with butter for a richer flavour.

For extra texture, sprinkle over toasted sesame seeds or chopped peanuts.





## 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. PREPARE THE INGREDIENTS

Slice **spring onions**, dice **chilli** and crush **garlic**, add to a bowl as you go. Slice **Asian greens**. Slice **cucumbers** and set aside.



## 3. ROAST THE SALMON

Add miso paste to a bowl along with 2 tbsp oil (see notes). Add salmon to a lined oven dish. Coat salmon with miso paste mix. Roast for 8-12 minutes until salmon is cooked to your liking.



## 4. MAKE SIZZLING SAUCE

Heat a large frypan over medium-high heat with 1/2 cup oil. Cook for 1-2 minutes until oil is shimmering on the surface. Remove from heat and pour oil over bowl with spring onion, chilli and garlic.



## **5. STIR FRY ASIAN GREENS**

Heat a large frypan over medium-high heat with oil (see notes). Add remaining garlic and Asian greens to frypan. Stir fry for 1 minute. Add rice and stir fry for further 2-3 minutes until Asian greens are tender. Season to taste with salt and pepper.



## 6. FINISH AND SERVE

Divide stir fried **Asian greens** and **rice** among shallow bowls. Top with **salmon**. Drizzle over **sauce** and top with **cucumber** (see notes).

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