L

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Radishes

Radishes have a mild to hot peppery flavour and crunchy texture. The strength can vary a lot; if they are too strong, slice and place them in water for 30 minutes before eating!

Glazed Salmon Bowl

Sweet and smoky salmon fillets baked in a maple glaze, served on a bed of brown rice with crisp radishes and snow pea sprouts, finished with an orange dressing.

30 minutes | 4/6 servings | Fish

Jazz it up!

Add some grated ginger to the dressing and sliced avocado to the bowl if you have some. A sprinkle of dukkah or toasted seeds at the end adds extra crunch!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	17g	66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
SALMON FILLETS	2 packets	3 packets
ORANGES	2	3
RADISHES	1 bunch	1 bunch
SNOW PEA SPROUTS	1 punnet	1 punnet

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, maple syrup, red wine vinegar (see notes)

KEY UTENSILS

saucepan, oven dish

NOTES

You can use apple cider or white wine vinegar if you don't have red wine vinegar.

Use the radishes and snow pea sprouts to taste.

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1. COOK THE RICE

Set oven to 220°C.

Add **rice** to a saucepan and cover with water. Bring to a boil and simmer for 20 minutes or until tender. Drain and rinse.



2. COOK THE SALMON

Mix **2 tbsp maple syrup**, **2 tsp smoked paprika** and **2 tbsp olive oil**. Place **salmon** in a lined dish, coat with **mixture**, season and roast for 10 minutes or until cooked to your liking.

6P – use 3 tbsp maple syrup, 3 tsp smoked paprika and 3 tbsp olive oil.



3. PREPARE THE DRESSING

Zest **orange** to yield **1 tsp** and whisk with **2 tbsp maple syrup**, **2 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**.

6P – zest orange to yield 2 tsp and whisk with 3 tbsp maple syrup, 3 tbsp vinegar, 3 tbsp olive oil, salt and pepper.



4. PREPARE THE TOPPINGS

Slice or dice **oranges** and **radishes** (see notes). Set aside with **snow pea sprouts.**



5. FINISH AND SERVE

Divide **rice**, **toppings** and **salmon** among bowls. Serve with **dressing** to taste.

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