



Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



Korean Salmon Tray Bake

Salmon fillets roasted in a flavourful Korean BBQ sauce with a rainbow of vegetables, served over pre-cooked brown rice and quinoa and fresh red chilli!



30 minutes



4/6 servings



Fish

Switch it up!

Turn this dish into a stir fry! Coat salmon fillets with 1/2 prepared sauce and cook in a pan. Remove salmon and add vegetables. Stir fry until tender, add brown rice & quinoa and sauce. Flake salmon and add to stir fry.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	34g	21g	27g/44g

FROM YOUR BOX

	4 PERSON	6 PERSON
KOREAN BBQ SAUCE	2 sachets	3 sachets
GARLIC CLOVES	2	2
SPRING ONIONS	1 bunch	2 bunches
CARROTS	3	5
KAI LAN	1 bunch	1 bunch
SALMON FILLETS	2 packets	3 packets
RED CHILLI	1	1
BEAN SHOOTS	1 packet	1 packet
BROWN RICE & QUINOA	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray

NOTES

Remove seeds from chilli for a milder heat.

To warm the rice & quinoa you can place the packet in a bowl, cover with hot water and leave to sit for 3 minutes to warm through.



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1. MAKE THE SAUCE

Set oven to 220°C.

Add **Korean BBQ sauce**, **crushed garlic**, **2 tbsp soy sauce** and **2 tbsp sesame oil** to a bowl. Mix to combine.

6P – add **Korean BBQ sauce**, **crushed garlic**, **3 tbsp soy sauce** and **3 tbsp sesame oil** to a bowl.



4. PREPARE THE TOPPINGS

Slice **reserved spring onion green tops** and **chilli** (see note). Set aside with **bean shoots**.

Warm **rice & quinoa** according to packet instructions.



2. PREPARE THE TRAY BAKE

Cut **spring onions** into 3cm pieces (reserve green tops for garnish). Thinly slice **carrots** and halve **kai lan**. Add to a lined oven tray and drizzle with **sesame oil**.

6P – spread over 2 trays if needed.



5. FINISH AND SERVE

Divide **rice & quinoa** among bowls. Add **roasted veg**, **salmon**, and **fresh toppings**. Serve with **reserved sauce** to drizzle over as desired.



3. ROAST THE SALMON

Coat **salmon** with **1/2 prepared sauce** (reserve remaining to serve). Add to oven tray and roast with **vegetables** for 15–20 minutes until **salmon** is cooked through and **veggies** are tender.

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