



Product Spotlight: The Ugly Mug

Traditionally, tare is the 'secret sauce' that gives ramen soup its complex flavour. The Ugly Mug uses miso, sake, mirin and salt in its tare. We love its deep flavour and many applications, and we think you will too!



Miso Spring Onion Salmon

Brown Rice Bowl

This vegetable stir-fry with salmon has a surprising secret; miso and spring onion sauce, and it will have you coming back for more! Served over nutty brown rice, it's the perfect balance of warming and nourishing.



25 minutes



4 servings



Fish

30 June 2023

Spice it up!

This dish would love some heat! Add a sprinkle of dried chilli flakes, slices of fresh red chilli or a few drops of your favourite hot sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	29g	35g

FROM YOUR BOX

BROWN RICE	300g
SALMON FILLETS	2 packets
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
GARLIC CLOVES	2
BEAN SHOOTS	1 bag
TARE	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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 15–20 minutes, or until tender. Drain and rinse.



2. ROAST THE SALMON

Place salmon on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 15–20 minutes until salmon is cooked to your liking.



3. PREPARE THE VEGETABLES

Cut spring onions into 3cm pieces (reserve green tops for step 5). Slice Asian greens. Crush garlic cloves and set aside with bean shoots.



4. STIR-FRY THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add spring onions, Asian greens and 1/2 crushed garlic to the pan. Stir-fry for 2 minutes. Add bean shoots and cook for a further minute. Season to taste with **salt and pepper**. Remove vegetables and keep pan over heat.



5. MAKE THE MISO SAUCE

Thinly slice reserved spring onion green tops. Add **2 tbsp butter**, spring onion green tops and remaining garlic to pan. Cook for 2 minutes. Reduce heat to medium, and pour in tare and **1 cup water**. Cook for 2–3 minutes until warmed through.



6. FINISH AND SERVE

Divide rice among bowls. Top with stir-fry and salmon. Spoon over miso sauce.



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