



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



1 Salmon and Black Rice Poke

A fresh orange dressing over black rice, fresh vegetables, and cooked salmon.

 30 mins

 2 servings

 Fish

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Spice it up!

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

Per serve: **PROTEIN** 45g **TOTAL FAT** 27g **CARBOHYDRATES** 79g

FROM YOUR BOX

BLACK RICE	150g
GINGER	1 piece
ORANGE	1
AVOCADO	1
SPRING ONION	1/2 bunch *
SALMON FILLETS	1 packet
KALE SLAW MIX	1/2 bag (200g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, sesame oil (see notes), 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.

This will make a large amount of dressing, you can either use it all on your poke for a really flavourful dish, or place the leftover in a container and store in the fridge for up to 5 days. Use the leftover on any salad or toss through some cooked noodles.

No fish option - salmon fillets are replaced with chicken tenderloins. Increase cooking time to 4-5 minutes on each side or until cooked through. Thinly slice to serve.



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 juice of 1 orange, **1 tsp vinegar**, **2 tbsp sesame oil**, **1 tbsp soy sauce and pepper**, whisk together (see notes).



3. PREPARE INGREDIENTS

Slice the avocado and spring onion green tops.



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 onion 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. 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

