



### Product Spotlight: Salmon

Salmon is an excellent source of high quality protein, vitamins and minerals. It contains omega-3 fatty acids, required for healthy brain function, heart health, joints and general well-being!



## 1 Teriyaki Salmon

Crispy skin salmon on brown rice with a sesame slaw and charred greens, finished with a ginger teriyaki dressing to spoon over at the end.

 30 minutes

 2 servings

 Fish

31 August 2020

### Spice it up!

*Toast some sesame seeds and sprinkle over the top for an extra special finish! Or if you have any fried shallots you can add them to the slaw for some crunch.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 17g **CARBOHYDRATES** 37g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
ORIENTAL SLAW	1 bag (250g)
GINGER	1/2 piece *
ASIAN GREENS	2 bulbs
SALMON FILLETS	1 packet
CHIVES	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), white wine (or rice wine) vinegar, sugar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use brown or palm sugar as it will dissolve faster. Use rice wine vinegar if possible for a more authentic flavour.

**No fish option - salmon fillets are replaced with diced chicken breast.** Increase cooking time to 6-8 minutes or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PICKLE THE SLAW

Whisk together **1 tbsp sesame oil** and **2 tbsp vinegar**. Toss through oriental slaw and set aside.



### 3. MAKE TERIYAKI SAUCE

Grate ginger to yield roughly 1/2 tbsp. Combine with **2 tbsp soy sauce**, **1 tbsp vinegar**, **1/2 tbsp sugar** and **1 tbsp sesame oil** in a bowl.



### 4. COOK THE GREENS

Halve asian greens lengthways. Heat a frypan over medium-high heat with **sesame oil**. Cook greens for 3-4 minutes each side until tender.



### 5. COOK THE SALMON

Reheat pan over medium-high heat. Coat salmon with **1/2 tsp sesame oil** and place in pan skin side down. Cook for 4 minutes until crispy. Turn fillets over and spoon over 1 tbsp teriyaki sauce. Cook for 3 minutes.



### 6. FINISH AND PLATE

Divide rice, asian greens, salmon and slaw among bowls. Spoon over remaining teriyaki sauce to taste. Garnish with sliced chives.

**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](mailto:hello@dinnertwist.com.au)

