



Product Spotlight: Sesame Seeds

These tiny seeds are blessed with good protein levels which is one of the key reasons why they are a great add on to your kid's diet! Protein is an important building block of bones, muscles, skin and blood.



1 Sesame Crusted Salmon

Umami packed soup, balanced with zingy fresh ginger, served with pan-fried Asian greens, spring onions, thin zucchini and sesame crusted salmon.

 30 mins

 2 servings

 Fish

30 April 2021

Switch it up!

Add 1 tbsp miso paste and your favourite noodles to the soup and you have more of a ramen style dish.

Per serve: **PROTEIN** 32g **TOTAL FAT** 21g **CARBOHYDRATES** 10g

FROM YOUR BOX

GINGER	1 piece
ZUCCHINI	1
DASHI BROTH	1 jar (250ml)
SALMON	1 packet
SESAME SEEDS	1 packet (30g)
ASIAN GREENS	2 bulb
SPRING ONION	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, soy sauce (or tamari), sesame oil

KEY UTENSILS

large frypan, saucepan

NOTES

Cook in batches if necessary.

You could season your vegetables with soy sauce or tamari instead of salt.

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



1. MAKE MISO SOUP

Bring a saucepan with **250ml water** to the boil. Peel and grate ginger, julienne zucchini. Add to pot with dashi broth, simmer for 3-4 minutes. Season with **1 tbsp soy sauce and pepper**, remove from heat.



2. PREPARE SALMON

Coat salmon in **1 tsp sesame oil, salt and pepper**. Tip sesame seeds onto a plate, roll salmon in seeds until each piece is coated.



3. PREPARE VEGETABLES

Halve the Asian greens lengthways, cut spring onions into 5cm pieces, leaving some green tops for garnish.



4. COOK VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Cook Asian greens for 3-4 minutes each side (see notes) with spring onions. Season with **salt and pepper** (see notes).



5. COOK THE SALMON

Reheat frypan over medium-high heat. Cook salmon skin-side down for 4 minutes until crispy. Turn over and cook for a further 3-4 minutes.



6. FINISH AND PLATE

Divide miso soup evenly among bowls. Top with cooked vegetables, salmon and spring onion tops.

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**

