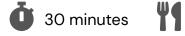




Persian-Style Red Rice

with Salmon Fillets

Red rice tossed through tomato cooked in warm spices, served with salmon fillets and a fresh mint dressing.





4 servings



Spice it up!

For even more flavour in this dish cook the tomatoes with 1 diced brown onion, 1 tbsp tomato paste and 1 tsp ground turmeric.

24g 18g

69g

FROM YOUR BOX

| RED RICE | 300g |
|----------------|------------------|
| MINT | 1/2 bunch * |
| SALMON FILLETS | 2 packets |
| TOMATOES | 2 |
| GREEN BEANS | 1/2 bag (125g) * |
| BABY SPINACH | 1/2 bag (100g) * |
| | |

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cinnamon, cumin seeds, white wine vinegar

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

You can cook your salmon in a frypan for 2-4 minutes each side (or until cooked to your liking) if you don't want to use the oven.

No fish option - salmon fillets are replaced with chicken schnitzels. Cook in a frypan over medium-high heat. Season with salt and pepper. Cook for 5-6 minutes each side or until golden and cooked through.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE THE DRESSING

Thinly slice mint leaves (reserve some for garnish). Add to a bowl along with 2 tbsp olive oil, 1 tbsp vinegar, salt and pepper. Stir to combine.



3. BAKE THE SALMON

Place salmon on a lined oven tray (see notes). Coat in **oil**, **salt and pepper**. Bake for 8-10 minutes or until cooked to your liking.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice and add tomatoes, along with 2 tsp cinnamon and 2 tsp cumin seeds. Cook covered, stirring occasionally, for 3-5 minutes until tomatoes have softened. Trim and slice green beans, add to pan.



5. TOSS THE RICE

Toss rice through cooked vegetables, along with baby spinach. Cook for a further 1-2 minutes to wilt spinach. Season with **salt** and pepper.



6. FINISH AND SERVE

Divide rice among plates. Serve with salmon and drizzle over mint dressing. Garnish with reserved mint leaves.

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



