



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Brown Rice


Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



1 Salmon Poké Bowl

The poké (pronounced po-kay) bowl is a popular Hawaiian dish with pink salmon and fresh toppings. This version is full of goodness with avocado, crunchy cucumber and a zingy ginger dressing.

 30 minutes

 4 servings

 Fish

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Spice it up!

There are many fun garnishes you can add to your bowl! Try adding some sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use grilled chicken or even prawns and add mango or radishes.

Per serve: **PROTEIN** 33g **TOTAL FAT** 20g **CARBOHYDRATES** 64g

FROM YOUR BOX

BROWN RICE	300g
GINGER	1 piece
ORANGE	1
AVOCADO	1
CONTINENTAL CUCUMBER	1/2 *
YELLOW CAPSICUM	1
CORIANDER	1/2 packet *
SALMON FILLETS	2 packets
SESAME SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

Rinse your fish fillets well and pat dry before cooking to remove any stray scales.

No fish option - salmon fillets are replaced with chicken thigh fillets. Increase cooking time to 4-5 minutes on each side or until cooked through. Slice and add to bowl at the end.



1. COOK THE RICE

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



2. MAKE THE DRESSING

Peel and grate ginger to yield 1 tbsp. Whisk together with orange juice, **2 tbsp sesame oil** and **2 tbsp soy sauce**. Set aside.



3. PREPARE THE TOPPINGS

Dice avocado, cucumber and capsicum. Chop coriander. Set aside.



4. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon with **1 tsp sesame oil** and **2 tsp soy sauce**. Cook for 3-4 minutes each side until cooked through.



5. FINISH AND PLATE

Divide rice and toppings among bowls. Break apart salmon and add to bowls. Spoon over dressing to taste and sprinkle with sesame seeds.

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**

