



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

 4 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** 40g **TOTAL FAT** 19g **CARBOHYDRATES** 63g

## FROM YOUR BOX

BLACK RICE	300g
GINGER	1 piece
ORANGES	2
AVOCADO	1
RADISHES	1/2 bunch *
SPRING ONIONS	1/2 bunch *
FESTIVAL LETTUCE	1/2 *
SALMON FILLETS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, 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.

**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.



### 3. PREPARE INGREDIENTS

Slice avocado, radishes, remaining orange and the green tops of spring onions. Tear lettuce leaves.



### 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 and orange. 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](mailto:hello@dinnertwist.com.au)

