



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PURPLE CARROTS

Purple carrots contain all the nutrients of orange carrots, and what's more, they've been shown to have greater anti-inflammatory and anti-oxidative effects! (Plus, they look really pretty on your dish!)



1. MISO SALMON

WITH RICE AND CRUNCHY SALAD

 30 Minutes

 2 Servings

Bring the flavours of Asia to your dinner plate with this delicious salmon recipe. The savoury touch from the miso paste perfectly complements the salmon fillets, creating a dinner you won't forget! And better yet? It's ready in no time.

FROM YOUR BOX

BASMATI RICE	150g
MISO (PASTE + GARNISH)	1/2
SESAME SEEDS	1 tub (30g)
SPRING ONIONS	2
SALMON FILLETS (SKIN ON)	1 packet
CELERY STICK	1
LEBANESE CUCUMBER	1
PURPLE CARROT	1
LEMON	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), pepper, sugar, white or rice wine vinegar, soy sauce

KEY UTENSILS

saucepan, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Freeze remaining miso paste and use as part of a stir-fry or dressing another time!

Serve dressing on the side if preferred.

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. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add miso garnish (reserve paste for step 4).

Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. TOAST THE SESAME SEEDS

Toast sesame seeds in a large dry frypan until golden. Set aside in a bowl, reserve pan for step 4.



3. MAKE THE DRESSING

In a large bowl whisk together **1 tbsp soy sauce, 1/2 tbsp vinegar, 1/2 tbsp sesame oil and 1/2 tsp sugar**. Thinly slice and add 1 spring onion.



4. COOK THE SALMON

Slice remaining spring onion.

Reheat frypan over medium-high heat. Rub salmon with **oil** and 1/2 sachet miso paste. Cook, skin-side down, for 3-4 minutes. Turn and add spring onions, cook for a further 3 minutes, or until cooked to your liking.



5. PREPARE THE SALAD

Slice celery and cucumber (deseed if desired), julienne or ribbon carrot. Add to dressing bowl. Toss together with sesame seeds, season with **pepper** and extra **soy** if needed (see notes).



6. FINISH AND PLATE

Wedge lemon.

Serve miso salmon and salad with rice and a lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

