



Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods. Toast in a dry frypan to bring out their subtle nutty flavour.



Salmon Sushi Bowl

Smoky salmon fillets on a bed of sticky sushi rice, topped with creamy avocado, fresh cucumber and corn with a drizzle of chipotle lime mayonnaise and sprinkle of sesame seeds.



25 minutes



4 servings



Fish

Spice it up!

You can add some sliced nori sheets, pickled ginger or extra vegetables like sliced radishes and capsicum.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	36g	77g

FROM YOUR BOX

SUSHI RICE	300g
AVOCADOS	2
CARROT	1
CORN COB	1
LEBANESE CUCUMBERS	2
CHIPOTLE LIME DRESSING	1 sachet
SALMON FILLETS	2 packets
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, smoked paprika

KEY UTENSILS

large frypan, saucepan with lid

NOTES

If you prefer cooked corn you can remove the kernels and cook them in the frypan before cooking the salmon.

Rinse and pat salmon fillets dry before cooking.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE TOPPINGS

Slice avocados, grate carrot and remove corn from cob (see notes). Dice cucumbers. Set aside.



3. PREPARE THE DRESSING

Combine chipotle dressing with **1 tbsp water** to reach a drizzling consistency. Set aside.



4. COOK THE SALMON

Coat salmon with **2 tsp paprika**, **1 tbsp soy sauce** and **1/2 tbsp sesame oil** (see notes). Heat a frypan over medium-high heat with **sesame oil**. Cook salmon for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Divide rice, salmon and toppings among bowls. Drizzle with dressing and sprinkle with sesame seeds to taste.



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