

**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 dressing and sprinkle of sesame seeds.



25 minutes



4/6 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
4/6 Person:	32g	28g/31g	61g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
AVOCADOS	2	3
CARROT	1	2
CORN COB	1	2
LEBANESE CUCUMBERS	2	3
CHIPOTLE LIME DRESSING	1 sachet	2 sachets
SALMON FILLETS	2 packets	3 packets
SESAME SEEDS	1 packet	2 packets

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.

6P – cover rice with 975ml water.



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

6P – combine chipotle lime dressing with 2 tbsp water to reach a drizzling consistency.



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.

6P – coat salmon with 3 tsp paprika, 2 tbsp soy sauce and 1 tbsp sesame oil (see notes).



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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