

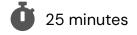




## Miso Spring Onion Salmon

### **Brown Rice Bowl**

This vegetable stir-fry with salmon has a surprising secret; miso and spring onion sauce, and it will have you coming back for more! Served over nutty brown rice, it's the perfect balance of warming and nourishing.





4 servings



# Spice it up!

This dish would love some heat! Add a sprinkle of dried chilli flakes, slices of fresh red chilli or a a few drops of your favourite hot sauce.

#### FROM YOUR BOX

BROWN RICE	300g
SALMON FILLETS	2 packets
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
GARLIC CLOVES	2
BEAN SHOOTS	1 bag
TARE	100g

#### FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

#### **KEY UTENSILS**

frypan, saucepan, oven tray

#### **NOTES**

Pan-fry or BBQ salmon if desired.

You can add 1/2 - 1 tbsp soy sauce to the miso sauce if you like.





#### 1. COOK THE RICE

Set oven to 220°C.

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



#### 2. ROAST THE SALMON

Place salmon on a lined oven tray (see notes). Coat with oil, salt and pepper. Roast for 15-20 minutes until salmon is cooked to your liking.



#### 3. PREPARE THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice green tops and reserve for step 5. Slice Asian greens. Crush garlic cloves and set aside with bean shoots.



#### 4. STIR-FRY THE VEGETABLES

Heat a frypan over medium-high heat with oil. Add spring onions, Asian greens and 1/2 crushed garlic to the pan. Stir-fry for 2 minutes. Add bean shoots and cook for a further minute. Season to taste with salt and pepper. Remove vegetables and keep pan over heat.



#### **5. MAKE THE MISO SAUCE**

Add 2 tbsp butter to reserved pan along with spring onion green tops and remaining garlic. Cook for 2 minutes. Reduce heat to medium, pour in tare and 1 cup water (see notes). Cook for 2-3 minutes until warmed through.



#### 6. FINISH AND SERVE

Divide rice among bowls. Top with stir-fry and salmon. Spoon over miso sauce.



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



