




Product Spotlight: Brown Rice


What's the difference between brown and white rice? When the first outer layer, the husk, is removed, it is brown rice. When you further mill it to remove the bran and germ layer, then polish it, you get white rice.



Jerk Salmon with Green Salsa

Fresh salmon fillets seasoned with a Jamaican-inspired blend of spices, paired with a fresh apple and cucumber salsa served over brown rice, then drizzled with a lime vinaigrette.

 25 minutes

 4 servings

 Fish

Boost the Flavour!

You can season the salmon fillets and leave them in a sealed container overnight to boost the flavour! Add the lime zest or some crushed garlic if you have some.

Per serve: **PROTEIN** 33g **TOTAL FAT** 38g **CARBOHYDRATES** 81g

FROM YOUR BOX

BROWN RICE	300g
LEBANESE CUCUMBERS	2
GREEN APPLE	1
AVOCADO	1
SHALLOT	1
CORIANDER	1 packet
LIME	1
SALMON FILLETS	2 packets
JERK SPICE MIX	1 sachet

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, apple cider vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use red or white wine vinegar if you don't have apple cider vinegar.



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1. COOK THE RICE

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. PREPARE THE SALSA

Dice cucumbers, apple and avocado. Finely slice shallot and coriander. Toss together and set aside.



3. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 lime (wedge remaining), 1/2 tbsp vinegar, 1/4 cup olive oil and 2 tsp sugar (see notes). Season with **salt and pepper**. Set aside.



4. COOK THE SALMON

Coat salmon fillets with jerk spice mix and season with **salt**. Heat a frypan or griddle pan over medium-high heat with **oil**. Cook salmon for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Divide rice, salsa and salmon among bowls. Spoon over dressing to taste. Serve with lime wedges.

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**

