



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Spring Onions

Did you know you can re-grow spring onions? Slice them, leaving about 1cm of the white end with roots attached.

Stand the bulbs root-end down in a jar of water, change the water at least once a week and watch them grow!



## Salmon with Sizzling Spring Onion Sauce

Salmon fillets baked in white miso paste, served over brown rice and stir fried Asian greens with a sizzling spring onion and chilli sauce.



35 minutes



4/6 servings



Fish

## Spice it up!

*For the stir fry at step 5, use sesame oil for extra flavour, add soy sauce, tamari, or hoisin to the greens for extra depth, and lime juice or rice vinegar for zing!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 40g     | 18g       | 68g           |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON    |
|--------------------|-----------|-------------|
| BROWN RICE         | 300g      | 300g + 150g |
| SPRING ONIONS      | 1 bunch   | 1 bunch     |
| RED CHILLI         | 1         | 1           |
| GARLIC CLOVES      | 2         | 3           |
| ASIAN GREENS       | 1 bunch   | 1 bunch     |
| LEBANESE CUCUMBERS | 2         | 3           |
| MISO PASTE         | 50g       | 2 x 50g     |
| SALMON FILLETS     | 2 packets | 3 packets   |

## FROM YOUR PANTRY

olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

Any leftover miso mix from step 3 can be stirred through the rice at step 5 for extra flavour.

Substitute olive oil with butter for a richer flavour.

For extra texture, sprinkle over toasted sesame seeds or chopped peanuts.



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### 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 20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE INGREDIENTS

Slice **spring onions**, dice **chilli** and crush **1 garlic clove**, add to a bowl as you go.

Slice **Asian greens** and **cucumbers**, set aside.



### 3. ROAST THE SALMON

Add **miso paste** to a bowl along with **2 tbsp olive oil** (see notes). Add **salmon** to a lined oven dish. Coat **salmon** with **miso paste** mix. Roast for 8-12 minutes until **salmon** is cooked to your liking.

**6P** – add miso paste to a bowl along with **4 tbsp oil** (see notes).



### 4. MAKE SIZZLING SAUCE

Heat a large frypan over medium-high heat with **1/2 cup olive oil**. Cook for 1-2 minutes until oil is shimmering on the surface. Remove from heat and pour oil over bowl with **spring onion, chilli** and **garlic**.



### 5. STIR FRY ASIAN GREENS

Return frypan to medium-high heat with **oil** (see notes). Stir fry remaining **1 crushed garlic clove** and **Asian greens** for 1 minute. Add **rice** and cook for further 2-3 minutes until **greens** are tender. Season to taste.

**6P** – use **2 garlic cloves**.



### 6. FINISH AND SERVE

Divide stir fried **Asian greens** and **rice** among shallow bowls. Top with **salmon**. Drizzle over **sauce** and top with **cucumber** (see notes).

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