



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Red Rice

Red rice has a natural red pigment in its bran layer. It has a bold floral flavour that complements Thai flavours such as lemongrass and lime.



# 1 Persian-Style Red Rice with Salmon Fillets

Red rice tossed through tomato cooked in warm spices, served with salmon fillets and a fresh mint dressing.

 30 minutes

 2 servings

 Fish

22 October 2021

## Spice it up!

*For even more flavour in this dish cook the tomatoes with 1 diced shallot, 2 tsp tomato paste and 1/2 tsp ground turmeric.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 70g

## FROM YOUR BOX

RED RICE	150g
MINT	1/2 bunch *
SALMON FILLETS	1 packet
TOMATO	1
GREEN BEANS	1/2 bag (75g) *
BABY SPINACH	1/2 bag (60g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cinnamon, cumin seeds, white wine vinegar

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

You can cook your salmon in a frypan for 2-4 minutes each side (or until cooked to your liking) if you don't want to use the oven.

**No fish option - salmon fillets are replaced with chicken schnitzels.** Cook in a frypan over medium-high heat. Season with salt and pepper. Cook for 5-6 minutes each side or until golden and cooked through.



### 1. COOK THE RICE

Set oven to 220°C.

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



### 2. MAKE THE DRESSING

Thinly slice mint leaves (reserve some for garnish). Add to a bowl along with **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper.** Stir to combine.



### 3. BAKE THE SALMON

Place salmon on a lined oven tray (see notes). Coat in **oil, salt and pepper.** Bake for 8-10 minutes or until cooked to your liking.



### 4. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil.** Dice and add tomato, along with **1 tsp cinnamon** and **1 tsp cumin seeds.** Cook covered, stirring occasionally, for 3-5 minutes until tomatoes have softened. Trim and slice green beans, add to pan.



### 5. TOSS THE RICE

Toss rice through cooked vegetables, along with baby spinach. Cook for a further 1-2 minutes to wilt spinach. Season with **salt and pepper.**



### 6. FINISH AND SERVE

Divide rice among plates. Serve with salmon and drizzle over mint dressing. Garnish with reserved mint leaves.

**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](mailto:hello@dinnertwist.com.au)

