

Salmon and brown rice salad, adapted from Good Food (serves 3-4)

With brown rice for slow-releasing energy and salmon providing omega-3's (essential fatty acids that are so important for heart and joint health), this high protein recipe gives a revitalising boost for lunch or dinner.



Ingredients

- 200g brown basmati rice
- 200g frozen soya beans, defrosted
- 2 salmon fillets, skinless and boneless
- 1 cucumber, diced
- 1 small bunch of spring onions
- 25g fresh coriander, roughly chopped
- Zest and juice of 1 lime
- 1 red chilli, deseeded and finely chopped
- 4 teaspoons light soy sauce

Method

- 1 Cook the rice in boiling water for 25-30 minutes and 3 minutes before it is cooked, add the soya beans. Drain and cool under cold running water.
- 2 Cook the salmon in a preheated oven at 200⁰C/ 180⁰C fan for 15 minutes on a baking sheet. Allow the fillets to cool slightly and then flake.
- 3 Gently fold the cucumber, spring onions, coriander and salmon into the rice and beans. In a separate bowl, mix the lime zest and juice, chilli and soy, and pour over the rice before serving.

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