



Salmon with Mango Rice

Cooking Time: 30 minutes | Servings: 2

INGREDIENTS:

- 4 salmon fillets
- 250 grams microwave brown rice pouch
- 1 1/2 cups fresh mango cubes
- 1/2 cup diced cucumber
- 1/2 cup green capsicum
- 1 lime, cut into wedges to serve

Dressing:

- 2 teaspoons minced fresh ginger
- 1 teaspoon minced fresh garlic
- 1/4 cup finely diced spring onions
- 1/4 cup finely chopped fresh coriander
- 1 long red chilli, finely diced
- Juice of 1 lime (approximately 3 tablespoons)
- 3 tablespoons light soy sauce
- 1 tablespoon brown sugar
- 2 tablespoons light olive oil (or a neutral oil)
- 1/4 teaspoon white pepper

METHOD:

1. Pre heat oven at 200C fan forced
2. In a small bowl combine ingredients for dressing.
3. Place salmon fillets on a lined baking tray and drizzle 1/4 of the dressing mixture over fillets.
4. Bake salmon fillets uncovered for 13-15 minutes.
5. Microwave brown rice as per packet instructions and pour into a salad/mixing bowl. Allow to cool for 5 minutes prior to adding mango, cucumber and capsicum.
6. Pour in remainder of dressing to the rice mixture and toss well until evenly coated.
7. Serve with salmon in a bowl with an extra wedge of fresh lime and coriander leaves.

TIPS/SUBSTITUTIONS:

- *Other fish options could be snapper or basa fillets.*
- *If you do not like mango or fruit in the dish simply leave out or replace with other vegetables such as edamame, cooked broccoli, cauliflower, carrots etc.*