



Spicy salmon rice



Serves: 4

Time

Preparation time 15 minutes

Cooking time 30–55 minutes

Ingredients

- 3 eggs, hard boiled and shells removed
- 4 skinless salmon fillets
- 1 tablespoon sunflower oil
- 1 onion, peeled and finely chopped
- 1 large red pepper, deseeded and finely chopped
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- 225g white or brown rice or a mixture of white and wild rice
- 3 tablespoons chopped fresh coriander and a few sprigs for garnish

Method

1. Cut the eggs into quarters.
2. Place the salmon fillets in a large saucepan and add enough water to cover them. Poach gently for 3–5 minutes until the salmon is pale in colour. Alternatively, they can be cooked in a little water in a microwave, but the time will depend on your microwave.
3. Heat the oil in a wok or large saucepan and cook the onion and red pepper over a low heat for 5 minutes until soft. Add the spices and continue to cook until the onion and pepper are shiny and coated with the spices.
4. Place the rice in a sieve, rinse under cold running water and drain well. Add the rice and stir well, making sure that the grains are well coated with the spices.



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5. Drain off the water from the salmon into a measuring jug, add boiling water to make the amount up to 500ml and add to the rice. Cook gently, stirring regularly until the liquid has been absorbed and the rice is cooked (this could take between 10 and 35 minutes depending on the type of rice used).
6. Flake the salmon with a fork and add to the rice along with the hard-boiled egg quarters and chopped coriander. Stir gently and serve immediately garnished with the sprigs of coriander.