

# Grilled salmon with brown rice salad



Makes 4 serves

## Ingredients

- 2 cups cooked brown rice (from 1 cup uncooked rice)
- 6 spring onions (including green tops), thinly sliced
- 1 medium red capsicum, seeded and finely diced
- 1 medium yellow capsicum, seeded and finely diced
- ½ cup parsley, chopped
- ½ cup currants
- 4 x 100g salmon fillets
- olive or canola oil spray
- 1 bunch bok choy, quartered
- ½ cup unsalted roasted cashews, roughly chopped, to serve
- 1 tbs reduced-salt soy sauce
- 2 tsp balsamic vinegar
- 2 tsp honey
- 1 tsp sesame oil
- juice of ½ lemon

## Method

1. In a large bowl, mix together cooked rice, spring onions, capsicums, parsley and currants.
2. To make dressing, combine soy sauce, vinegar, honey, sesame oil and lemon juice in a cup. Pour over salad and stir through well.
3. Place a metal steamer into a large saucepan with a few centimetres of water. Add bok choy and bring to the boil. Steam with lid on for 3 minutes or until tender.
4. Meanwhile heat a griddle, barbeque grill or large non-stick frypan on high. Lightly spray each side of salmon with oil, season with pepper. Reduce heat to medium and cook salmon for 3 minutes each side until golden brown and just cooked.
5. Top rice salad with cashews then spoon onto serving plates.
6. Add bok choy and salmon fillets; serve immediately.

“ Salmon is a delicious way to get a good dose of omega 3s. 100g of salmon can provide up to 2000mg of omega 3. Adults should aim for 3500-4000mg of omega 3s per week. With this recipe you are half way there. Enjoy some tinned tuna or sardines of mackerel for lunch to supply the rest.

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## Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2420 kJ	650 kJ
Protein	33.2 g	8.9 g
Fat, total	24.1 g	6.5 g
— saturated	5 g	1.3 g
Carbohydrate	54.6 g	14.7 g
— sugars	19.6 g	5.3 g
Sodium	268 mg	72 mg
Fibre	6.3 g	1.7 g

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