



# Salmon, rice and herb salad

Prep: 10 minutes • Cook: 10 minutes • Serves: 2



## Ingredients

1 250g pouch ready-cooked rice  
2 x 125g salmon fillets (or 250g pre-cooked/tinned fish)  
½ lemon, zested and juiced  
½ lemon, cut into 2 wedges  
1 teaspoon ground cumin  
½ red onion, finely chopped  
⅓ cucumber, halved, deseeded, chopped  
6 baby plum tomatoes, quartered  
Handful parsley, chopped  
Handful mint, chopped  
1 dessertspoon olive oil  
50g frozen peas, defrosted

- 1** Preheat the oven to 170°C / 140°C fan / gas mark 3. Place the salmon fillets onto a baking tray. Mix half of the lemon juice with the ground cumin and rub onto the fillets. Bake for 10 minutes. Remove from oven, cool slightly. If using pre-cooked or tinned fish, simply drain and flake the fish.
- 2** Heat the rice pouch in the microwave, according to the packet instructions, and then empty into a bowl. Fluff up with a fork and allow to cool slightly.
- 3** Mix half of the lemon juice with the zest, olive oil, onion, tomatoes, cucumber, peas and herbs and add in the rice. If using tinned fish, add in all of the lemon juice and ½ teaspoon cumin at this stage.
- 4** Remove the skin of the salmon fillets and flake the salmon, or take the flaked tinned salmon, and then add into the rice mix. Serve with the wedge of lemon.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **37g**  
Low protein ✗  
Low salt ✓  
Low saturated fat ✓  
Cost per portion (July 2024) **£1.96**  
Energy in kcals **495**