

SALMON & RICE

SALMON

Prep time	Cook time	Total time
2 min	30 mins	32 mins



Ingredients

- Wild Alaskan Sockeye Salmon

Instructions

This recipe is for the night that you just need to cook and eat within 30 min.

1. Preheat oven to 350°F
2. Start rice, see instructions below
3. Rinse a frozen salmon fillet(s) & place in 9x13 glass pan
[Note: it is not necessary to defrost; and, in fact, I think cooking frozen retains some of the moisture.]
4. Thickly sprinkle/coat top of salmon with either “Simply Organic, Lemon Pepper” or “Frontier Salt-Free Organic Lemon Pepper Seasoning Blend” [should be able to get either from iherb.com or Whole Foods]
5. Thickly sprinkle/coat top of salmon with “Frontier Natural Products, Organic Garlic Powder” [should be able to get either from iherb.com or Whole Foods]
6. Bake ~30min and enjoy [note salmon is done with no longer translucent but still moist]
7. Steam some broccoli or serve with a salad and enjoy

RICE

Prep time	Cook time	Total time
3 min	30 mins	33 mins



Ingredients

- Organic Brown rice
[note can use Long, Medium, Short, Basmati, or Wild Rice – note long grain, Basmati, wild rice cooks up fluffier and less sticky than medium or short grain rice. Note, nutritionally, I am not a fan of Jasmine]

Instructions

1. Measure 1cups brown rice - Pour it into a medium-sized bowl, add enough cold tap water to cover rice
2. Rinse the rice - Use your hand to swish the rice around for about 2min
3. Strain the water from the rice - Pour out the water through a mesh strainer or by tilting the bowl to the side. You can hold a plate over the bowl to keep the rice from spilling out as you drain the water.
4. Add 2c fresh water – Pour fresh water into pan of rinsed rice and cover pan with lid
[Note: wild rice may need a smidge more water]
5. Add seasoning – add 1/8 tsp of salt &/or fresh or dried herbs [garlic, oregano, dill, curry, etc – your choice of herb can change the whole nature of the dish...so, try a variety and enjoy]
6. Bring to boil – turn stovetop to high and bring rice to boil
7. Simmer – once rice is boiling, briefly lift lid to stir, and then reduce the heat to low, cover and simmer for 20-40 minutes until all the water is absorbed [time varies depending on the type of rice].
[NOTE: don't lift lid during simmering as it will let out the steam and the rice will not cook properly]
8. Serve - enjoy