

Nutritious & Delicious Salad Recipes



Jerk Spiced Salmon, Goats Cheese, Pepper & Broccoli Salad with Brown Rice & Peas

Ingredients (Serves 4)

300g Salmon Fillet (skinless & boneless)
Jerk Spices
50g Goats Cheese
2 Small Red Chillies (deseeded and chopped)
250g Red Peppers (deseeded & finely sliced)
300g Broccoli (broken into small florets)
1 Little Gem Lettuce (Quartered and washed)

Rice & Peas

150g Brown Rice (uncooked weight)
1 400g Tin Kidney Beans (Gungo Peas)
4 Spring Onions (finely sliced)
1 Clove Garlic (finely chopped)
Few Sprigs Thyme
Salt
Pepper
1 Tbls Olive Oil

Method

1. Preheat the oven to 180C.
2. Preheat a pan of lightly seasoned water to boil.
3. Season the salmon fillet with the jerk spice and place on a tray lined with parchment paper.
4. Coat the peppers in a little oil and the chilli. Lightly season and place on a lined roasting tray.
5. Meanwhile make the rice and peas.
6. Place the spring onions in a saucepan with the garlic, thyme, kidney beans and rice.
7. Add 3 times the amount of water. Season.
8. Bring up to the boil, lower the heat so that the rice is gently simmering (you will just see small bubbles in the water), put the lid on and leave to simmer for up to 40 minutes.
9. Bake the peppers and the salmon for 10-12 minutes. Allow to cool.
10. Carefully taste the rice to see if it is cooked.
11. Season the rice with a little freshly ground black pepper and a sprig of thyme. Allow to cool.
12. Blanch the broccoli in boiling water until al dente. Drain and refresh under cold water.
13. Add the red peppers, and broccoli together and dress with a little olive oil. Season.
14. Divide the rice between 4 serving dishes.
15. Layer with the little gem leaves and then the broccoli salad and add roughly broken pieces of salmon and crumbled goats cheese.

Key Nutrients

Portion	492g	100g	
Calories	546 (kcal)	111 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	19.0g	3.9g	Med
Saturates	5.3g	1.1g	Low
Sugars	9.0g	1.8g	Low
Salt	1.1g	0.2g	Low
Protein	37.1g	7.5g	-

Allergen Info: Fish, Milk