

Salmon and Rice

Ingredient <i>(Red = optional)</i>	Amount for one	Your variation
Salmon	125g	
Pure Basmati rice	100g	
Frozen peas	80g	
Basil	1tsp	
Thyme	1tsp	
Parsley	1tsp	
Olive oil	2tbsps	
Pepper	½ tsp	
Salt	½ tsp	
Ginger	1tsp	



Prep Time minutes	Cook time minutes	Your revised time
30	15	<input type="text"/>

Tools that help

- Scales
- Wok/frying pan
- Timer
- Turner
- Microwave rice steamer
- Microwave veg steamer
- Sieve
- Tongs

Prep Instructions

1. Leave the salmon at room temperature for 30 mins
2. Heat wok for 5-8 mins on heat 5.5
3. Weigh 100g of rice and put in a sieve
4. Place the sieve over a bowl and fill with cold water
5. Leave to soak for 30 min changing water 3 times. Run the cold tap till water in the bowl is clear
6. Put 200ml of water into the microwave rice steamer
7. Pour 1tbsp of oil into a wok
8. Coat the salmon with 1tbsp of olive oil
9. Rub 1tsp of Basil and 1tsp of Thyme into the salmon
10. Add ½ tsp of salt and ½ tsp of pepper to the salmon

All recipes are based on using an induction hob, fan oven and microwave set at 1,000

All prepared? Start timer at:	15
Drain the rice and put it in the steamer	15
Add the Ginger to the rice	15
Start microwave for 7.5 minutes	14
Put the salmon in the wok - skin down	12
Turn the salmon carefully	6
Take the rice from the microwave	6
DO NOT open the rice steamer	6
Put 1tbsp of water in veg steamer	5
Place the peas in microwave for 3 mins	5
Heat plate in the microwave for 2 mins	2
Open rice steamer	1
Fluff up rice with microwave spoon	1
Put the rice on a plate	0
Place the salmon on the plate	0
Open veg steamer & put peas on plate	0
Add any hot oil in wok to the salmon	0
Sprinkle with Parsley	0