Dukkah crusted salmon fillets with zesty veggies

Preparation time
10 minutes

Cooking time
10 minutes

Serves
2

Recipe courtesy of
Anna Debenham and Alex Parker, Accredited Practising Dietitians (APDs)



Ingredients | Method | Nutrition

1 cup uncooked brown rice

2 medium salmon fillets

2 tbsp dukkah

1 punnet cherry tomatoes

2 tbsp extra virgin olive oil

2 tbsp white wine vinegar

200g green beans, trimmed

1 garlic clove, crushed

1 spring onion, chopped

1 tbsp parsley, finely chopped

½ red chilli, finely chopped

½ lemon

1. Cook brown rice according to packet instructions.
2. Sprinkle salmon fillets with dukkah. Set aside.
3. Combine cherry tomatoes with 1 tbsp olive oil, 1 tbsp vinegar, salt and pepper. Set aside to marinate in a shallow bowl.
4. Blanch beans in boiling water for 2 minutes.
5. Heat a drizzle of olive oil in a medium pan. Add garlic, shallots, chilli and parsley. Add a squeeze of lemon and remaining white wine vinegar. Add green beans. Season with salt and pepper*. Cook for 2-3 minutes. Remove and set aside.
6. Heat the same frypan and add a drizzle of olive oil. Once hot, add the salmon pieces. Cook salmon for 1-2 minutes each side, or until cooked to your liking.
7. Serve immediately or divide brown rice, salmon, green beans and tomatoes into meal prep containers and store in fridge.

*Please note the nutrition information for this recipe excludes the salt and pepper seasoning.

Nutritional information is provided per serve

Engery	4143kJ (990 calories)
Protein	44g
Saturated Fat	9g
Total Fat	50g
Carbohydrates	83g
Sugars	8g
Dietary Fibre	12g
Sodium	69mg