

Dukkah crusted salmon fillets with zesty veggies

Preparation time

10 minutes

Cooking time

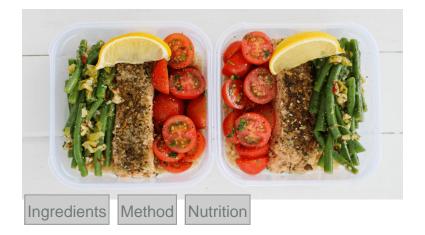
10 minutes

Serves

7

Recipe courtesy of

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



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

% 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 44q

Saturated Fat 9g

Total Fat 50g

Carbohydrates 83q

Sugars 8g

Dietary Fibre 12g

Sodium 69mg