

Dukkah crusted salmon fillets with zesty veggies

Preparation time

10 minutes

Cooking time

10 minutes

Serves

2

Recipe courtesy of

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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

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