

Honey & Lime Glazed Salmon With Pineapple Rice

Serves 4

1.3 lb. (600g) salmon, 4 fillets

Marinade:

3 tbsp. honey

3 tbsp. lime juice

3 tbsp. soy sauce

1 tbsp. olive oil

3 tbsp. ginger, grated

2 garlic cloves, crushed

Pineapple rice:

¾ cup (150g) rice

¾ cup (200g) sweetcorn

1 ¼ cups (250g) pineapple, chopped

1 ½ cup (200g) cucumber, chopped

1 lime, juiced

2 tbsp. honey

½ cup coriander leaves (or mint)

What you need to do

1. Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.
2. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.
3. Cook the rice in lightly salted water, then spread on a large plate to cool.
4. Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.
5. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 minutes, until cooked throughout.
6. Serve salmon with the prepared pineapple rice.

GF DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.05 hrs	35 mins	643	24	68	35

*Nutrition per serving

