

Recipes and Tips



One Skillet Salmon with Lemon Rice

SERVINGS 4

4 salmon fillets	150 g rice
1 tsp salt divided	1 tsp dried thyme
1 tsp black pepper divided	700 ml low sodium chicken broth
1 tsp sweet paprika	140 g baby spinach
1 tsp garlic powder	juice from ½ lemon
1 tbs olive oil	50 g grated Parmesan
1 tsp unsalted butter	freshly ground black pepper for serving
1 yellow onion finely chopped	
3 garlic cloves minced	

- Get your prep done before you start cooking: Grate the Parmesan cheese, finely chop the onion and mince the garlic cloves. Pat the salmon fillets dry with a paper towel. Season both sides with garlic powder, sweet paprika and ½ teaspoon salt and pepper.
- Heat oil and butter over medium high in a large nonstick pan or skillet. Add salmon fillets and sear, 3-4 minutes per side. Remove from skillet and set aside.
- Reduce heat to medium, add garlic and onion. Cook until soft and fragrant for about 2 minutes. Stir in thyme and the remaining salt and pepper. Add rice and toast for 1 minute.
- Pour in broth and bring to a boil. To maintain a simmer, reduce the heat to medium-low. Cook uncovered while stirring occasionally to prevent the rice from sticking, until almost al dente and most of the liquid is absorbed, add more liquid if necessary.
- Add spinach, stir and simmer until wilted for about 2 minutes. Stir in lemon juice and Parmesan. Add more broth, if needed. Taste and adjust salt.
- Return salmon to the skillet and simmer for 2-3 minutes, or until the salmon is heated through.
- Top with freshly ground black pepper.