

JAPANESE SALMON AND AVOCADO RICE

This is a great dish for lunch and is kind of like sushi without the nori.

150 grams brown rice

300 grams salmon fillet

2 avocados

1 ½ tablespoons lemon juice

1 ½ tablespoons soy sauce

4 teaspoons sesame seeds, lightly toasted

2 spring onions, thinly sliced

1 red chilli, deseeded and thinly sliced

small handful coriander leaves



Rinse the rice in a sieve. Drain then boil with ½ teaspoon salt for 25-30 minutes, until the rice is cooked. Remove from the heat and sieve.

While the rice is cooking, take the skin off and bones out of the salmon and dice into 1 to 1 ½ cm cubes. Drizzle the lemon juice and soy sauce over the salmon, making sure it's all evenly covered. Leave in the fridge to marinate for at least 10 minutes.

Stir the salmon and juices into the rice (it's quite nice if the rice is still warm) then mix chopped avocado through it.

Divide the rice, salmon and avocado mixture between 4 bowls. Scatter the sesame seeds, spring onions, chilli and coriander over it.

Enjoy!

(Makes 4 servings)

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