

Chilli and coriander salmon with ginger rice

Serves 4

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients

4 skinless salmon fillets

2 red chillies, deseeded and finely chopped

Coriander

2 limes, halved, for serving

4 tbsp olive oil

2 onions chopped

Fresh root ginger finely chopped

2 garlic cloves thinly sliced

300g rice

Method

Heat the olive oil in a pan and fry the onion until lightly browned. Add the ginger and garlic and fry for a further minute, and then stir in the rice. Add 300ml of boiling water and a little salt. Bring to the boil, then cover and cook for approximately 12 minutes, until the rice is tender.

Heat the grill to a medium temperature. Brush a baking tray with a little oil and place the salmon on the tray and grill for 4-5 minutes. Sprinkle the chilli, coriander, a little olive oil and seasoning on the salmon. Put the salmon under the grill again until cooked. Serve with the rice and lime halves.