



# DropChef Flaked Salmon with Turmeric Rice

Here is a dish with high-quality protein and huge amounts of vitamins & minerals. The salmon has high levels of omega-3 fatty acids making it a delicious "health and brain food". Turmeric also has great anti-inflammatory effects and is a very strong antioxidant! Pro tip straight from India- make sure you sprinkle some black pepper onto the Turmeric rice so that you get all of the spice's health benefits ;-)

## Nutritional Info

Calories: 500 kcal  
Carbohydrates: 79 g  
Protein: 37 g  
Fat: 4 g

## Ingredients

- Salmon fillet
- Red Onion
- Cherry Tomatoes
- Baby Spinach
- Garlic clove
- Lemon Juice
- Greek Yogurt
- Jasmine Rice
- Dried Dill
- Turmeric

## Your pantry:

- Olive/Rapeseed Oil
- Salt & Pepper
- Tin Foil

## Allergens

Fish (Salmon)  
Milk (Yogurt)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Preheat the oven to 180°C.**

### 2) **Prepare the Rice**

Dice half the red onion. Add the rice to a deep oven proof dish. Add the turmeric, the diced onion, a dollop of butter and the lemon juice and add 500 ml of boiling water. Mix all together. Cover and seal the dish with tin foil, then put it in the oven for a little over 25 minutes.

### 3) **Prepare the Salmon**

Lightly grease another oven tray with a drop of olive oil. Thinly slice the other half of your red onion then place on the oven tray. Pat the salmon dry and then season both sides with salt & pepper and place skin side down on top of the onion. Add the cherry tomatoes to the tray and then drizzle olive oil across the trays contents. Put this tray in the oven for 15-20 minutes or until the salmon has turned opaque and cooked through.

### 4) **Create the dressing**

While the salmon and rice are in the oven, crush the garlic and mix it with the greek yogurt, lemon juice, and the dried dill. Then set aside.

### 5) **Plate your dish**

Allow the salmon to rest for 3-4 minutes then peel the skin off it. Fluff up the rice with a fork when you remove it from the oven. Break up the salmon and allow it to flake and add it into a bowl with the spinach. Then plate the rice, top it with the spinach, salmon & tomatoes and garnish with your fresh dressing.



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