



BigFish Recipe™

Super-fast Salmon Fillets with Rice

This is a wonderful way to create a satisfying dish of real, healthy food in a few minutes. Perfect for a hot lunch at home or in the office.

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves: 1

Ingredients

1 BigFish Salmon fillet marinated with Sweet Chilli – or try whichever flavour takes your fancy!
1 pack microwave rice (we used Tilda Sweet Chilli and Lime Basmati)
small bunch fresh coriander, to garnish

Method

1. Microwave the BigFish fillet from frozen as per the pack instructions.
2. Microwave the rice as per the pack instructions.
3. Put the rice in a warmed bowl. Now carefully open the salmon and put the fillet on top. If you prefer, you can remove the skin from the fillet and flake the salmon into the rice then mix together.
4. Garnish with some chopped coriander and your meal is ready!

Lou says:

“I always have fillets in the freezer and microwavable rice in the pantry – there are lots of combinations you can try. Add some good oil, soy sauce or chilli sauce if you want to spice it up a bit!”

With thanks to [BBC GoodFood](#) for the inspiration