



## BigFish Recipe™ Superfast Salmon with Wild Rice

This is so easy. It makes the most of the freezer and microwave to create a balanced, healthy bowl of tasty food that can be on the table in super quick time. With no mess and very little washing up!



<b>Preparation time:</b>	5 minutes
<b>Cooking time:</b>	4 minutes
<b>Serves:</b>	2

### Ingredients

- 1x pack of Bigfish Eastern Thai Salmon Fillets
- 1 x pack of microwave rice
- Cup of peas (either use fresh or cook from frozen)
- Sliced spring onions
- Chopped red chillies
- Limes to serve
- Omega3 oil for drizzling

1. Microwave the salmon fillets from frozen (see pack instructions - four minutes).
2. Cook the rice as per pack instructions.
3. If you're using frozen peas, cook these first (steam, boil or microwave) then stir into the cooked rice along with the red chilli and spring onions.
4. Divide the rice between two warmed bowls, put a fillet of salmon on top of each and then finally drizzle with a little oil and add a generous squeeze of fresh lime juice.