



SALMON, RICE & BLOOD ORANGE MEDLEY

Categoria: Unique dishes **Tempo di preparazione:** 15 minutes **Difficoltà:** molto facile



Ingredienti per 4

- 1 tbsp toasted sesame oil
- 4 salmon fillets (500g)
- 250g asparagus, trimmed and cut into 4 cm pieces
- 4 blood oranges
- 2 x 250g pouches wholegrain basmati & wild rice
- 2 tbsp extra virgin olive oil
- 2 tbsp chopped parsley

Preparation time: **15 minutes**

Cooking time: **15 minutes**

Serves: **4**

Method

Heat the sesame oil in a large frying pan and fry the salmon, flesh side down for 5 minutes, turn over and add the asparagus to the pan and fry for a further 5 minutes until the salmon is just cooked through.

Meanwhile, cut off the skin and pith from the oranges and remove the segments over a bowl to catch any juices.

Remove the salmon and add the rice to the pan with the orange segments and juice with the oil, heat for 1-2 minutes.

Season and stir in the parsley to serve.

Cooks tip: Out of season, replace the asparagus with broccoli.

