






**Product Spotlight:  
Basmati Rice**

Basmati rice is a small but long-grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



**Creamy Cajun Salmon  
with Rice**

Pan-seared salmon fillets in a creamy cajun sauce with capsicum, red onion and cherry tomatoes served over basmati rice with lemon wedges. Comforting, simple & delicious.

 30 minutes    4 servings    Fish

*Switch it up!*

*This dish is also delicious to make with chicken! You can serve over pasta, quinoa, mashed potatoes or with crusty bread for dipping!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	6g	32g

## FROM YOUR BOX

BASMATI RICE	300g
RED ONION	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
SALMON FILLETS	2 packets
FAMILY CAJUN SPICE MIX	1 packet
SOUR CREAM	1 tub
LEMON	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Change the flavour of this dish and season with dried herbs such as tarragon or oregano, balsamic vinegar and maybe try adding some sun-dried tomatoes.

*Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt*



### 1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE VEGETABLES

Dice red onion, cut capsicum into strips and halve cherry tomatoes. Keep separate.



### 3. SEAR THE SALMON

Heat a large pan with **oil** over medium-high heat. Season salmon fillets with 2 tsp cajun spice mix, **salt and pepper**. Add to pan and cook for 2 minutes each side or until nearly cooked through. Set aside on a plate, keep pan over heat.



### 3. COOK THE VEGETABLES

Add onion to heated frypan and cook for 3 minutes or until softened. Add capsicum, tomatoes and remaining cajun spice mix. Cook for 1-2 minutes.



### 5. MAKE THE SAUCE

Stir in sour cream and **1/2 tub water**. Simmer for 5 minutes. Add salmon to the sauce and simmer for 2-3 minutes or until cooked through. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Cut lemon into wedges. Serve salmon, vegetables and sauce over rice along with a lemon wedge.



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