



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 4/6 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
4/6 Person:	36g	24g	67g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
RED ONION	1	1
GREEN CAPSICUM	1	2
CHERRY TOMATOES	200g	2 x 200g
SALMON FILLETS	2 packets	3 packets
FAMILY CAJUN SPICE MIX	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs
LEMON	1	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



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1. COOK THE RICE

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

6P – cover rice with 900ml water.



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.

6P – season salmon fillets with 1 tbsp cajun spice mix, salt and pepper.



4. 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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