Dinner

Curried Salmon Rice with Eggs

Fluffy basmati rice perfumed with curry paste and smoked paprika is folded together with tender salmon, soft leek and pepper, then finished with quartered boiled eggs, lemon and fresh coriander.

45 min	555	62.7 g	2.8 g
time	calories	carbs	sugars



Low sugar

Ingredients, 4 servings

- [ ] 300 g basmati rice
- [ ] 2 heaped tsp mild-medium curry paste (or powder)
- [ ] 1 heaped tsp mild (dulce) smoked paprika
- [ ] 4 eggs
- [ ] 2 tsp sunflower oil
- [ ] 1 leek, finely chopped
- [ ] 1 red pepper, finely chopped
- [ ] 300 g skinless, boneless salmon, roughly cut into 2–3 cm cubes
- [ ] juice 1 lemon
- [ ] 1 tbsp low-fat yogurt
- [ ] handful of finely chopped coriander, plus sprig to serve
- [ ] 1 lemon, cut into wedges

Nutrition Facts

Per serving

Calories	555
Total fat	19.5 g
Saturated fat	4 g
Sodium	Not listed
Total carbs	62.7 g
Fiber	3.2 g
Total sugars	2.8 g
Protein	30.6 g

Method

- [ ] **1** Give the basmati rice a rinse under cold water, then transfer it to a pan and pour in 700ml of boiling water, which gives you one part rice to two parts water.
- [ ] **2** Stir in 1 heaped tsp of the mild-medium curry paste (or powder) along with all of the mild (dulce) smoked paprika, bring the pan back to the boil, cover it, turn the heat down and let it simmer for 10-12 minutes.
- [ ] **3** Switch the heat off and let the pan sit with the lid still on for 3 minutes, by which point all the water should have been absorbed.
- [ ] **4** While the rice cooks, boil the 4 eggs for 5 minutes, then refresh them in cold water, peel them and cut each one into quarters.
- [ ] **5** Warm the 2 tsp sunflower oil in a frying pan, tip in the finely chopped leek and the red pepper, and cook them for 5 to 7 minutes, stirring often, until they soften.
- [ ] **6** Work the remaining heaped tsp of mild-medium curry paste through the softened vegetables, add the 300g skinless, boneless salmon, roughly cut into 2 to 3 cm cubes, and cook for 3 to 4 minutes before setting the pan aside.
- [ ] **7** Stir the juice of 1 lemon, the 1 tbsp low-fat yogurt and the handful of finely chopped coriander through the cooked rice until well combined.
- [ ] **8** Gently fold the salmon and vegetable mixture into the hot rice, then arrange the egg quarters, the lemon wedges and a sprig of coriander over the top to serve.

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