

ONE-POT SALMON RICE



2 servings



Prep: 5 min



Cook: 20 min

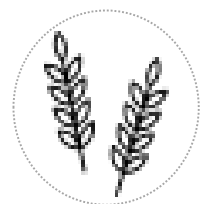


INGREDIENTS

- 2 tsp chicken stock, concentrated, lower in sodium
- 1 tsp of olive oil
- 180 g salmon
- ¾ tbsp margarine
- ½ onion, medium, diced
- 3 cloves garlic, diced
- 180 g brown rice, washed
- 280 g broccoli, cut into small florets

METHODS

1. Add 360ml of hot water to 2 tps of concentrated chicken stock and set aside.
2. In a heated pan, add olive oil and sear all sides of the salmon till the exterior turns crispy. Remove and set aside.
3. In a heated rice cooker, add in margarine and sauté the garlic and onion until fragrant.
4. Add in the washed rice and stir-fry for 1 min.
5. Add chicken stock and cover the lid.
6. When the stock has come to a boil, add in the broccoli florets & salmon and covering it once again.
7. Simmer until the rice is cooked.
8. Mix well the rice, broccoli and salmon.
9. Serve hot and enjoy!



WHOLEGRAIN
WEDNESDAY



BALANCED
MEALS

Nutrition Information (per serving)

Energy 651kcal, Carbohydrate 66g, Protein 33g, Fats 25g, Saturated Fats 5g, Polyunsaturated Fats 6g, Monounsaturated Fats 10g, Cholesterol 56mg, Dietary Fibre 10g, Sodium 485mg, Potassium 1134mg, Phosphate 655mg



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