



Citrus baked salmon

Serves:



Preparation: 10 minutes

Cooking: 20 minutes

Ingredients

- 100g brown rice
- 2 slices lemon
- 2 slices orange
- 2 skinless salmon fillets (about 175g each)
- 1 tbsp roughly chopped fresh dill
- 1 tbsp sun-dried tomatoes in oil, roughly chopped, plus 1/2 (half) tbsp oil from the jar
- 75ml dry white wine

Method

1. Preheat the oven to 200C (gas mark 6). Place the rice into a large saucepan with 200ml of cold water. Bring to the boil over a high heat and leave to simmer for 20 minutes or until tender. Remove from the heat, season with sea salt to taste, and cover with the lid. Leave to stand for 10 minutes.
2. Meanwhile, in a large shallow baking dish place 1 lemon slice and an orange slice, just overlapping, next to each other. Repeat with the other 2 slices.
3. Sit each salmon fillet on its own bed of citrus. Season each fillet with salt and pepper. In a small bowl mix the dill, sun-dried tomatoes and tomato oil together. Spoon the mixture over the top of the salmon fillets. Drizzle with the wine.
4. Place the baking dish into the oven and cook for 8 - 10 minutes or until the salmon is opaque. Serve drizzled with the cooking juices and the prepared rice. Great with steamed mange tout or sugar snap peas.

Fuel learning

- Oil rich fish like salmon, sardines, fresh tuna and mackerel are rich in Omega 3 fats which help the brain cells to communicate with each other - very important for learning.

Tips

- If you want a balanced meal in less time, look out for quick cook brown rice or serve with couscous.
- You don't have to buy fresh fish. Many kinds of fish are low cost, easy to prepare and can be found in the supermarket freezer section!