



Salmon & Silver Fish Fried Rice

SERVES 4

Ingredients

200g	Salmon
2 whole	Eggs (medium)
15g	Silver fish (small)
200g	Mixed vegetables (drained)
240g	White rice (raw)
60g	Wholegrain brown rice (raw)
10g	Chopped spring onions
10g	Minced garlic
6 teaspoons	Sunflower oil
2 teaspoons	Low salt soya sauce
¼ tsp	Salt
¼ tsp	Black pepper

Nutrition Information Per Bowl

Energy	293kcal
Carbohydrate	26g
Protein	18g
Fat	13g
Saturated fat	2g
Cholesterol	112.7mg
Dietary Fibre	2.7g
Sodium	369mg

Method of Preparation

1. Rinse and mix raw brown rice with raw white rice. Cook rice with 1.5 cups of water in rice cooker.
2. Season salmon with a pinch of salt and black pepper.
3. Heat up a non-stick pan, add 1 teaspoon oil and pan-fry salmon until light brown. Remove salmon from pan and use a fork to break it up into flakes.
4. Add 1 teaspoon of oil to the non-stick pan, stir-fry washed silver fish until brown and set aside.
5. In the same pan, stir fry lightly beaten eggs until cooked and set aside.
6. Pour the remaining cooking oil into the pan and fry garlic until slightly brown. Add in mixed vegetables and loosen the cooked rice while stir-frying all the ingredients.
7. Toss in silver fish, fried eggs, salmon flakes and add in low salt soya sauce, mix all ingredients well.
8. Garnish the cooked fried rice with chopped spring onions before serving.

About the author: Amy Vong is a freelance dietitian and is currently running a small food business that caters to school age children. She worked as a clinical and foodservice dietitian previously and is a registered dietitian (UK) for 18 years. She is passionate about promoting health through preparing delicious and nourishing meals for people of all ages.