



Salmon and Zucchini Pilaf

with Lemon and Peas



20-30min



2 Portions

Combining chargrilled Atlantic salmon, seasonal zucchini and fluffy cardamon-laced basmati rice, this summer-inspired pilaf serves up a medley of tastes and textures for a nourishing rice bowl the whole family will love.

What we send

- chicken-style stock cube
- tasmanian salmon ⁴
- basmati rice
- lemon
- onion
- bayleaf
- green cardamom pods
- zucchini
- garlic, parsley
- green peas

What you'll require

- boiling water
- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- baking paper

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 740kcal, Fat 29.2g, Carbs 75.1g, Proteins 36.6g



1. Prepare ingredients

Rinse the **rice** until the water runs clear. Finely chop the **onion**. Crush or finely chop the **garlic**. Put the **stock cubes** and **375ml (1½ cups) boiling water** in a heatproof jug and stir to dissolve.



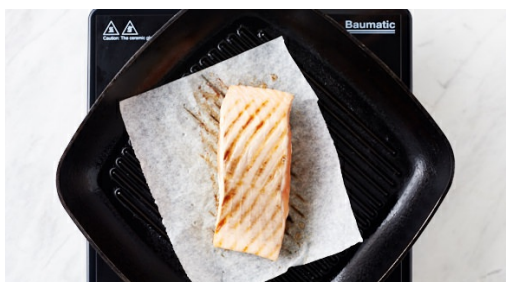
2. Cook aromatics

Melt **20g butter** in a large deep frypan over medium heat. Add the **onion** and **garlic**, and cook, stirring, for 3-4 mins until softened. Bash the **cardamom pods** with the side of a knife to bruise. Add the cardamom and **bay leaves** and cook for 1 min or until fragrant. Add the **rice** and stir until the grains are coated.



3. Cook pilaf

Add the **stock** to the **rice mixture** and bring to the boil. Cover with a lid, reduce heat to low and cook for 12 mins or until rice is tender and stock has absorbed. Meanwhile, cut **lemon** into wedges. Coarsely grate the **zucchini**. Remove pilaf from heat and discard the **cardamom** and **bay leaves**. Stir in the zucchini and stand, covered, for 5 mins.



4. Chargrill salmon

While the pilaf is cooking, heat a chargrill pan or frypan over high heat. Drizzle the **salmon** with **1 tbs olive oil** and season with **salt and pepper**. Put the salmon in the pan on a small sheet of baking paper (this prevents the salmon sticking to the pan). Cook for 2-3 mins each side until just cooked or cooked to your liking.



5. Chop parsley

Meanwhile, finely chop the **parsley**, including the stems. Rinse the **peas**.



6. Get ready to serve

Stir the **parsley** and **peas** through the pilaf and season with **salt and pepper**. Divide the **pilaf** among bowls, then flake the **salmon** into large chunks and put on top. Serve with the **lemon wedges**.