

SALMON IN AN ORANGE SAUCE WITH SPICY BASMATI RICE

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVERS



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WATERFRONT MARKET





INGREDIENTS

- 400gr salmon fillet (2 big slices)
- 1 red onion slices
- 3 cloves garlic finely chopped
- 2tbsp extra virgin olive oil
- Salt
- Pepper
- 1ts honey
- 1ts dried oregano
- 1 pinch salt
- 2 pinches pepper
- 1 pinch paprika

FOR THE SAUCE:

- 8 orange segments
- 100ml fresh orange juice
(1 medium orange)
- 10pc cherry tomato
- 1tbsp Dijon mustard

FOR THE RICE:

- 200gr basmati rice
- 400ml boiled water
- 2tbsp extra virgin olive oil
- 10gr coriander finely chopped
- 6pc green chili sliced
- 1ts turmeric
- 1 pinch salt



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Method:

The rice:

1. Into a pot put the olive oil, turmeric, coriander and chili slices. On a low heat, let the oil infuse with flavor for 2 minutes, then add the rice and stir gently.
2. When the rice looks glossy, add the boiled water and salt, and increase to a medium heat until the water reaches a full boil.
3. Turn the heat down to low, cover the pot and cook the rice for 10-15 minutes.


The salmon & sauce:

1. Season the salmon fillets with salt and pepper, then cut each fillet into 4 pieces.
2. Preheat a large, nonstick pan and add the olive oil. When the oil is hot, place the salmon fillets skin side up. Cook on a high heat for around 5 minutes before flipping to cook the other side for 5 minutes. (Avoid flipping the fish many times as it will dry out).
3. While the salmon is cooking, into a small jug add the orange juice, Dijon mustard, honey, oregano, salt, pepper and paprika, stirring until smooth.



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4. When the salmon turns a nice golden colour, remove from the pan. Into the same pan put the onion slice and garlic; sauté until the onion looks glossy.
 5. Add in the cherry tomatoes and cook for around 1-2 minutes more before adding the orange juice mix. Cook on a medium heat for around 5 minutes until the sauce boils.
 6. Add the salmon fillets gently to the sauce along with the orange segments, and simmer until the sauce thickens.
 7. Serve the fish and sauce warm on a bed of the cooked rice. Alternatively, you can serve the salmon with boiled vegetables such as potatoes, broccoli or carrots mixed with green peas or corn.

Bon appétit!



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