



CHIA CRUSTED SALMON WITH SPINACH RICE

Family dish, easy crunchy and nice

15 hours

20 minutes

4 portions

INGREDIENTS

- 10 grams of seeds, chia seeds, dried
- 500 grams of fish, salmon, pink, raw [4portions of 125gr each]
- 3 sprays, about 1/3 second (1 NLEA serving) of oil, PAM cooking spray, original (1 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 3 cloves of garlic, raw (9 g)
- 225 grams of tomato, cherry, raw
- 2 cups of rice, brown, medium-grain, raw (380 g)
- 150 grams of spinach, raw (use baby spinach if possible)
- 5 leaves of basil, fresh (3 g)
- 1/2 unit yields of lemon juice, raw (24 g)
- 2 tbsps of soy sauce made from soy and wheat (shoyu), low sodium (28 g) [OR SUBSTITUTE FOR SOY SAUCE]

COOKING METHOD

- 1° Place chia seeds on a large plate; dip 1 side of salmon fillets in chia seeds.
- 2° Lightly coat a large nonstick skillet with cooking spray; heat over medium-high heat. Cook salmon, chia-side down, for 2 minutes. Flip salmon; cook for 2 minutes more, or until cooked to your liking.
- 3° Meanwhile, heat oil in a large saucepan over medium heat. Cook garlic and tomatoes, stirring, for 2 minutes or until tomatoes have softened. Add rice, spinach, basil, lemon juice and soy sauce (or substitute); cook, stirring, for 2 minutes, or until heated through.
- 4° Meanwhile, heat oil in a large saucepan over medium heat. Cook garlic and tomatoes, stirring, for 2 minutes or until tomatoes have softened. Add rice, spinach, basil, lemon juice and soy sauce (or substitute); cook, stirring, for 2 minutes, or until heated through.
- 5° Top rice mixture with salmon to serve.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (336 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 172 kcal | 576 kcal | 29 % |
| FAT | 4 g | 13 g | 20 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 2 g | 11 % |
| CHOLESTEROL | 17 mg | 58 mg | 19 % |
| SODIUM | 116 mg | 391 mg | 16 % |
| CARBOHYDRATE | 23 g | 78 g | 26 % |
| SUGARS | 1 g | 2 g | — |
| FIBER | 2 g | 6 g | 23 % |
| PROTEIN | 11 g | 35 g | — |