

Caribbean Salmon and Shrimp Rice Bowl



**NEW
RECIPE**

Salmon & Shrimp Rice Bowl



serves 2

Ingredients

- Two salmon fillets
- Ten shell on king shrimps
- Caribbean all purpose seasoning
 - Three garlic cloves
 - Two chillies
- One large bunch of coriander
- Half a red half a yellow and half an orange pepper
 - One jumbo salad onion or three spring onions
- One pack of rice. I chose wild and red. Wholegrain, basmati, or long grain work well too
 - Olive oil
 - Half a lime
- Extra sliced chilli for serving

Preparation

1. Marinate the shell on shrimps in Caribbean all purpose seasoning
2. Chop the garlic and chillies
3. Dice one chilli and slice the other into rings
4. Roughly chop the coriander
5. Dice the peppers
6. Finely slice the onion
7. Add the coriander onion and peppers to a bowl ready for later

Cook

8. Salmon cooks in around ten minutes
9. Shrimps take around four to six minutes
10. Warm a pan with a little olive oil
11. Add the garlic and chilli then place the salmon in skin side down
12. Cook the rice or cook as per pack instructions
13. Turn the salmon over halfway and add the shrimps letting them cook until pink and tender

Build your bowl

14. Tip the warm rice into the bowl with the coriander mix
15. Squeeze in the juice of half a lime, season with a pinch of salt and black pepper, and toss
16. Place the salmon on top and scatter the shrimps

Final flourish

Finish with fresh sliced chilli to your own heat preference

