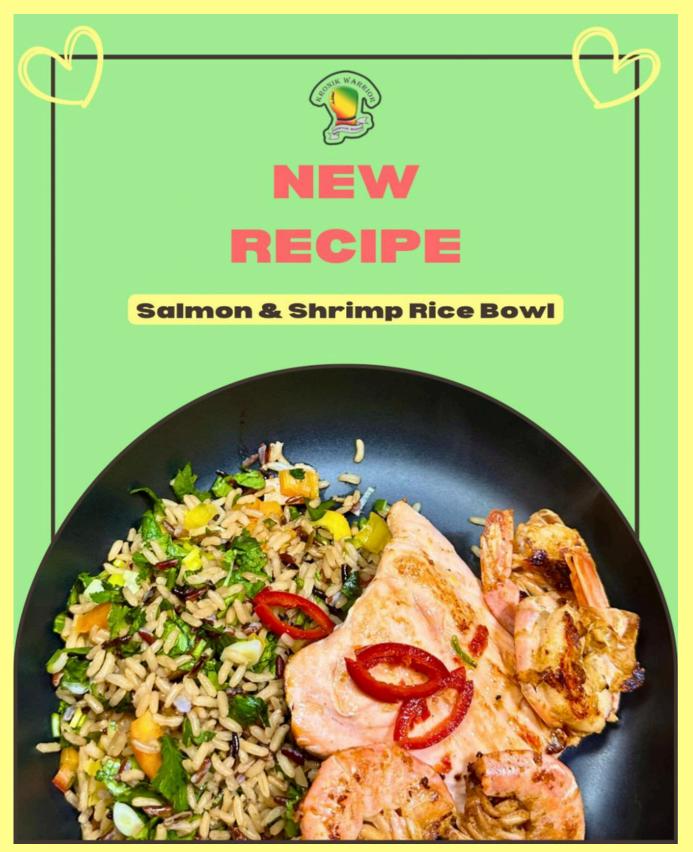
Caribbean Salmon and Shrimp Rice Bowl



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 mix15. 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

