



## JERNEJ KITCHEN

# OVEN ROASTED SALMON WITH RICE AND SAVOY CABBAGE

*Oven Roasted Salmon with Rice and Savoy Cabbage is a quick, delicious, and healthy midweek lunch or dinner recipe, made in just 30 minutes.*

SERVES	2	PEOPLE
PREPARATION:	5	MINUTES
COOK:	10	MINUTES
ROAST:	15	MINUTES
TOTAL TIME:	30	MINUTES

### RICE AND SAVOY CABBAGE

- 200 g (1 cup) long grain rice
- 300 ml (1 1/4 cup) water for cooking rice
- 1/4 large savoy cabbage
- 1 tbsp canola oil
- 2 cloves of garlic, finely chopped

### OVEN ROASTED SALMON

- 2 x salmon fillets (about 200g or 1/2 pound per fillet)
- 1 tsp olive oil
- 1/2 tsp paprika powder

### PEANUT BUTTER SAUCE

- 1 tbsp creamy peanut butter
- 2 tbsp mayonnaise
- 1 tsp lemon juice, freshly squeezed

### TOOLS AND EQUIPEMENT

- baking sheet
- parchment paper
- colander
- saucepan

### PREPARATION

Arrange a rack in the middle of the oven, then preheat it to 220 °C / 430 °F. Line a baking sheet with parchment paper.

### RICE

First, cook the rice. Place rice in a colander and rinse under cold running water. Place in a saucepan, add half a teaspoon of salt and water. Place over high heat and bring to a boil, then cover with a lid and simmer for 11 minutes.

### SALMON

While the rice is cooking, prepare the salmon. Pat dry each salmon fillet with a paper towel. Drizzle both salmon fillets with a teaspoon of olive oil, and season with salt, pepper, and paprika powder on both sides. Set aside.

### SAVOY CABBAGE AND SAUCE

Prepare the savoy cabbage. Clean the cabbage and cut out the thick core at the center. Discard the core and chop the cabbage. Prepare the sauce. In a small bowl, stir to combine creamy peanut butter, mayo, freshly squeezed lemon juice, and season with salt and pepper to taste. Set aside until needed.

### OVEN-ROASTED SALMON

Remove the rice from the heat and fluff the rice with a fork. Cover with a lid and set aside for 2 - 3 minutes. Place the salmon fillets skin-side down on the prepared baking sheet. Roast the salmon on the middle rack of the oven for 8 - 10 minutes at 220 °C / 430 °F, or until the fish is flaky and

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paper towels  
kitchen knife  
cutting board  
bowl  
pan

separates easily with a fork.

#### TIP

Check if the salmon is done by inserting the thermometer into the thickest part of the fish. It should register 48 °C / 118 °F - 50 °C / 122 °F.

#### RICE AND SAVOY CABBAGE

While the salmon is roasting, finish the rice and savoy cabbage. Add canola oil to the pan and place over medium-high heat. Add the garlic and cook for a minute, then add the chopped savoy cabbage and continue to cook for about 2 - 3 minutes, stirring occasionally, until the cabbage softens a bit. Add the cooked rice, increase the heat, and cook for a minute, stirring occasionally. Season with salt and pepper to taste, stir and remove from the heat.

#### SERVE

Divide the Oven Roasted Salmon with Rice and Savoy Cabbage between two plates. Serve with creamy peanut butter sauce and optionally sprinkle with sesame seeds. Also, optionally serve with a side of sliced avocado.