



## Jamaican salmon with brown rice salad & mango salsa

### Ingredients: (Serves 4)

½ cup brown rice  
2 mangoes, diced  
1 avocado, diced  
½ bunch of mint, leaves thinly sliced  
juice of 1 lime  
1 tablespoon olive oil  
1 tablespoon ground cumin  
2 teaspoons onion powder  
1 teaspoon allspice  
1 teaspoon brown sugar  
4x 120g salmon fillets, skin on  
400g tin black beans, drained and rinsed  
1 red capsicum, diced

### Method:

1. Bring a large saucepan of water to the boil. Boil rice for 20-25 minutes or until tender. Drain, transfer to a large bowl and set aside to cool slightly.
2. To make the salsa, combine mango, avocado, mint and half the lime juice in a small bowl.
3. Heat oil in a large frying pan over medium-high heat. Combine cumin, onion powder, allspice and brown sugar in a small bowl. Rub over all sides of the salmon except the skin. Add salmon to the pan skin-side down. Cook for 2-3 minutes each side or until done to your liking. Remove from pan and keep warm.
4. Return pan to the heat. Add black beans and capsicum and cook for 2-3 minutes or until beans are warmed through and capsicum is lightly charred. Add to the rice, along with remaining half the lime juice.
5. Divide rice salad between serving bowls, before topping with salmon and mango salsa.

### Nutrition Information: (Per serve)

Energy:	2893kJ (691cal)	Sodium:	56mg		
Protein:	35.2g	Saturated Fat:	6.5g		
Total Fat:	33.9g	Sugars:	28.8g	Fibre:	15.1g
Carbohydrate:	53.9g				