

Roast salmon and veg with coconut rice

Preparation time: 10 mins, cooking time: 45 mins, serves 4

Ingredients:

- 1 cup wholegrain basmati rice, uncooked
- 1 cup coconut milk e.g. Thai Gold
- 1 ½ cups water
- Large pinch sea salt
- 1/3 cup coconut oil, melted
- 1 teaspoon toasted sesame oil
- 2 tablespoons tamari (or soy sauce)
- 1 tablespoon Sriracha (optional but recommended)
- 1 head cauliflower and 1 head broccoli, cut into florets
- 4 fillets of salmon
- 2 tbsps toasted sesame seeds or toasted coconut flakes

Directions:

- Preheat oven to 200C
- Rinse rice in water, place in a saucepan with the coconut milk, water and salt. Bring to the boil and cook for 40 – 45 minutes until cooked
- Mix the melted 1/3 cup coconut oil, sesame oil, tamari and sriracha in a jar and shake well to combine
- Place the broccoli and cauliflower florets on a baking tray, drizzle with 2/3 of the coconut oil mixture and bake for 25 - 30 minutes
- Marinate salmon in the remainder of the coconut oil mixture and add to the vegetables for the last 15 minutes of baking
- Serve the rice, salmon and vegetables sprinkled with toasted sesame seeds or coconut flakes

Based on a recipe from food52.com. Use whatever veg you like to roast. Sweet potato or butternut squash are great. Add some shredded kale tossed in a little of the coconut dressing for the last 10 minutes for extra greens.