



# Salmon rice salad with egg

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2:

Salmon fillet  
40g basmati rice  
10g wild rice  
400g can of butterbeans  
Fresh coriander and parsley  
Some pumpkin seeds  
Some sunflower seeds

Dollop of houmous

Or to make your own:

Handful of chickpeas  
Juice of half a lemon  
Bit of water  
Bit of olive oil  
Garlic clove or two  
Bit of salt  
(yes I pretty much make to taste!)

## Instructions

1. Slowly boil all the rice and simmer for 15 minutes.
2. In a separate pan, slowly boil the salmon until cooked through.
3. In yet another pan, boil the eggs, then simmer for about 8 minutes. Drain and sit

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them in cold water.

4. Meanwhile, blend together your houmous if making your own.

4. Gently slice the cooked salmon into flakes and cut the eggs into quarters.

6. Drain your rice, and mix in the salmon, butterbeans, herbs, seeds and houmous, sitting the eggs on top.