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

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.