Salmon and Pineapple Yogurt Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 200g tinned salmon
- 4 pineapple slices, chopped
- 6 tbsp low fat natural yogurt
- Juice of 1 small orange

- 1 orange pepper, chopped
- 2 tbsp red onion, chopped

- 2 tbsp pumpkin seeds
- Handful of fresh coriander, chopped

- 100g basmati rice

Instructions

1. Cover the rice with water in a pan, bring to the boil, then cover and simmer for 20 minutes.
2. Stir the yogurt with the orange juice and set aside.
3. Toss the rest of the ingredients in a large bowl.

4. Add the cooked rice, then mix in the yogurt mixture.