



Salmon, Rice & Arugula

4 servings
25 minutes

Ingredients

1 lb Salmon Fillet
 1/2 tsp Sea Salt
 1 cup Jasmine Rice (dry, uncooked)
 2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 4 cups Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon, Use any type of fish fillet instead, or use canned fish.

No Arugula, Use baby spinach, kale or mixed greens instead.

No Rice, Use quinoa instead.

Leftovers, Refrigerate in an air-tight container up to 3 days.