



Baked Salmon and Rice

Savannah · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr

Description

A delicious healthy dinner of baked salmon and rice with herbs

Ingredients

— - 1 cup brown rice - 2 ½ cups water - 1 pound salmon fillet - ¼ cup orange juice - 1 teaspoon dried dill weed
- 1 teaspoon dried rosemary - 1 teaspoon dried basil - 1 teaspoon dry mustard - 1 teaspoon lemon pepper

Instructions

1. In a saucepan bring 2 1/2 cups water to a boil. Add rice and stir. Reduce the heat
2. cover
3. and simmer for 20 minutes. Preheat the oven to 350 degrees F (175 degrees C). In a large pan
4. add just enough water to cover the bottom of the pan. Place salmon in the pan
5. pink side up
6. and arrange cooked rice around the outside of salmon. Drizzle orange juice over salmon and rice. In a small bowl
7. combine dill weed
8. rosemary
9. basil
10. mustard
11. and lemon pepper and sprinkle over salmon and rice. Cover with aluminum foil. Bake in the preheated oven for 30 to 40 minutes or until salmon is tender and flaky.