

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Cajun Baked Salmon with Spicy Rice

Ingredients

2 tbsp olive oil
1 red pepper, chopped and de-seeded
1 chilli pepper, chopped and de-seeded
1 onion, chopped
1 stalk of celery, chopped
2 cloves garlic, finely chopped
180g long grain rice
500ml chicken stock

225g tomato sauce (either bought (not ketchup) or see recipe below)
2 tbsp Cajun Spice (divided in two portions)
1 tbsp garlic powder or granules
½ -1 tsp cayenne pepper
Salt and pepper to taste
4 x 225g salmon fillets, de-boned
1 lemon
Chopped parsley to serve

Method

Heat oven to 200°C/425°F. Heat a large saucepan to a medium heat and add the olive oil. Add the red pepper, chilli pepper, onion and celery and cook for 6 minutes to soften. Add garlic and cook for 1 minute, stirring. Add the rice and stir. Cook for a couple of minutes to brown slightly. Add chicken stock, tomato sauce and **1 tbsp** Cajun spice, the garlic powder and cayenne pepper. Stir gently and reduce the heat to simmer for 20 minutes or until the rice is cooked through.

Pat salmon dry and season each side with the remaining **1 tbsp** Cajun spice, salt and pepper. Set into a baking dish and bake for 10-12 minutes or until cooked through. Remove from the heat.

Squeeze juice from ½ the lemon into the rice. Stir.

Serve the salmon on top of the rice. Top each with an extra squeeze of lemon juice and chopped parsley.

Per portion Kcals 650, Fat 23g, Carbs 54g, Protein 53g

Tomato Sauce

560grms fresh tomatoes, ¼ of a medium white onion, 2 small garlic cloves skins removed, water, ½ tsp of salt and sugar to season (Optional)

Place tomatoes, onion and garlic cloves in a large stockpot or saucepan. Cover with water, place the saucepan lid on, and cook over high heat until it starts boiling; once the water starts boiling reduce heat to simmer. Cook until tomatoes are soft and skins are peeling. Carefully, place **only** the tomatoes, onion and garlic in a blender and puree until you have a very smooth sauce. (Add a few tablespoons of water to the blender, if the blender is finding it difficult to process the sauce). Season if necessary. Using a strainer, pour into glass jars. Once they're completely cool, store in your refrigerator. The sauce will last about 4 days. Use as needed for the rice. Can also be used for soups or other recipes.