

Salmon Dinner For Two

Quick & easy salmon steaks with rice and side salad

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INGREDIENTS

- 140g (¾ cup) basmati rice
- water
- 1-2tbsp butter

- 4-5tbsp natural flavoured yogurt
- 1tsp horseradish
- organic lemon
- some fresh dill

- about 50g (about 1-1 ½ cups) arugula
- ½ white onion
- 1/3 cucumber
- ½ yellow pepper
- about 10 cherry tomatoes

- 2x200g (about 7 oz) salmon fillet
- salt
- black pepper
- olive oil



DIRECTIONS

1. Start by boiling the rice according to package instructions in salted water in a small saucepan.
2. In the meantime prepare the yogurt dressing for the salmon. Chop the dill finely. In a small bowl combine the yogurt with the horseradish. Wash the lemon well and grate about half of the skin into the yogurt. Add the dill, season with salt and mix well until combined. Leave aside.
3. To make the salad wash all vegetables well. Finely slice the onion, cube the cucumber and the pepper and half the tomatoes. Add all vegetables to a medium bowl, season with salt and pepper, squeeze in some lemon juice and drizzle over about a tablespoon of olive oil. Mix well and leave aside.
4. When the rice has cooked through mix in the butter and leave aside covered.
5. Cut each salmon fillet in the middle just until the skin, don't cut through the skin. Then form the steaks. (See video)

6. Place a medium pan on medium high heat. Once hot add some olive oil, season the salmon steaks with salt and pepper and place the seasoned side down onto the pan. Season the top side also with salt and pepper. Fry the salmon for about 1-2 minutes or just until the colour changes so that it is cooked through up until half, then turn around and cook for another 1-2 minutes. When the colour from the side is almost completely changed to a light pink, remove from heat.
7. Serve the salmon with rice and side salad and some yogurt dressing on top.