

# Mexico-style Beans & Salmon

Recipe recommended by Rebecca Szczypka  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	659kj	8%
Energy (kcal)	157kcal	8%
Fat	6.9g	10%
of which saturates	1.3g	7%
Carbohydrate	12g	5%
of which sugars	1.6g	2%
Fibre	2.9g	12%
Protein	10g	20%
Salt	0.24g	4%

Generated by Nutritics v5.61

### INGREDIENTS: (Serves 6, approx. 769kcal per 489g serving)

2 tbsp olive oil  
200g brown rice  
150g / ½ large onion white onion – finely diced  
50g coriander – chopped  
2 tsp ground cumin  
2 tsp hot smoked paprika  
400g tin kidney beans - drained and rinsed  
400g tin pinto beans - drained and rinsed  
400g tin sweetcorn – drained and rinsed  
1x vegetable stock cube (**CELERY**)  
700ml boiling water

Sea salt and black pepper  
6x salmon fillets (**FISH**)  
6x hard-boiled eggs – halved (**EGG**) (optional)  
1.5x avocado – halved and sliced  
6x handful of rocket leaves  
Squeeze of lemon juice

**OPTIONAL EXTRAS:**  
Wholemeal tortilla wraps

### Notes:

You may want to serve fewer portions, so just cook the amount of fish needed. Any remaining beans will keep well in the fridge for up to 1 week. The beans can also be used as a delicious burrito filling, just add some grated cheese.

### METHOD:

1. Preheat the oven to 220c/200c fan/gas 7. Mix the oil, rice, onions, coriander, spices, beans, corn, stock cube and plenty of salt and pepper in a large roasting tray. Pour in the boiling water and stir. Cover the tin with tin foil and cook in the oven for c30 minutes.
2. Remove the tray from the oven.
3. Season the salmon fillets with salt and pepper and place on top of the beans. Place back in the oven (uncovered), and cook for a further 10 -15 minutes or until the fish is cooked to your liking. Remove from oven to rest for 5 minutes.
4. Serve the beans and salmon, with sides of boiled egg, sliced avocado and a handful of rocket leaves per person.

### ALLERGENS



CELERY



FISH



EGGS

### MODIFY

Swap salmon for other protein foods of your choice, adjusting the cooking time as necessary

### CREDIT

Recipe and photo by:  
Rebecca Szczypka

