

# Pan Seared Salmon with Brown Rice and Asian Slaw

Serves 2

Prep time: 20 minutes

Cook time: 16 minutes

## Ingredients:

Two 6 oz Salmon filets

1 cup long grain brown rice

2 teaspoon Kosher salt

Cracked black pepper to taste

1 tablespoon olive oil

## Slaw

2 cups thin sliced red cabbage

$\frac{3}{4}$  cup coarsely chopped carrots

2 tablespoon coarsely chopped cilantro

$\frac{1}{4}$  cup lemon juice or 1 small lemon

1  $\frac{1}{2}$  tablespoon Rice Wine Vinegar or white wine vinegar

$\frac{1}{4}$  cup Extra Virgin Olive Oil

2 teaspoon fresh grated ginger

1 medium clove minced garlic

2-3 teaspoons honey

1 tablespoon soy sauce or Liquid Aminos

1 teaspoon toasted sesame oil

$\frac{1}{2}$  tablespoon flax seeds

$\frac{1}{2}$  tablespoon chia seeds

1. Bring 6 quarts of water and 2 teaspoons salt to a boil in medium pot. Add brown rice to boiling water. Boil brown rice for 30 minutes or until soft. Pour rice through a strainer and return pan. Keep covered to maintain warmth and allow for additional steaming.
2. Combine cabbage, carrots, and cilantro in medium glass mixing bowl.
3. In a separate small mixing bowl combine oil, lemon juice, vinegar, ginger, garlic, honey, soy sauce, sesame oil. Mix well with whisk or fork. Drizzle dressing over carrot mixture and toss well using hands or silicone tongs. Set aside at room temperature to allow cabbage to tenderize.
4. Swirl 1 tablespoon olive oil over medium-high heat in skillet until hot but not smoking. Evenly sprinkle the bottom of fillets with 1 teaspoon kosher salt and  $\frac{1}{2}$  teaspoon pepper. Place Salmon fillets, skin side down, in skillet and sprinkle tops with additional 1 teaspoon kosher salt and  $\frac{1}{2}$  teaspoon pepper. Cook fillets without moving until skin begins to brown, and bottom  $\frac{1}{4}$  inch of fillets turns opaque, 6 to 8 minutes. Flip the filets and cook an additional 6-8 minutes or until internal temperature reads 125 degrees.
5. To plate, serve salmon on bed of rice. Mix cabbage once more using the previous technique and serve with bed of brown rice. Sprinkle salad with chia and flax seeds.

\*For a spicy version sprinkle salmon and salad with  $\frac{1}{4}$  teaspoon of red chili flakes.