

Black Rice Salad with Edamame and Cashews with Poached Salmon



Ingredients

1/2 cup black rice, rinsed

4 100g salmon fillets, skin off

1/2 cup frozen edamame, shelled and blanched

1 tbsp pickled ginger, julienned

1/2 cup cashews, toasted and roughly chopped

2 tbsp coriander, chopped + extra for garnish

2 tbsp spring onions, chopped

2 tbsp thai basil, chopped + extra for garnish

Dressing:

1/4 cup extra virgin olive oil

1/3 cup low sodium soy sauce

2 garlic cloves, crushed

3/4 stick lemongrass, thinly sliced - reserving tough outer layer for poaching

1 long red chilli, deseeded, chopped

1 lime, juiced

For the poaching liquid:

3 cups water

coriander roots, washed

1 lemongrass stalk

spring onion tops

3 slices of fresh ginger

1 tsp whole peppercorns

1 tbsp salt

Method:

1. In a pot, add the rice and water, bring to a boil and cook for 20-30 minutes or until rice is tender and all the water has been absorbed. Take off heat.
2. For the dressing, combine the soy, garlic, chilli, lemongrass, lime juice, and olive oil. Set aside.
3. Bring poaching ingredients to a boil. Add the salmon fillets, bring back up to boil then cover with a lid and take off heat. Let it poach for 5 minutes in the water. Remove fish from the poaching liquid and place on a plate to cool before flaking.
4. In a large mixing bowl, add rice, green onions, coriander, thai basil, pickled ginger, edamame, and cashews. Pour dressing over salad, toss to combine.
5. Serve rice with flaked salmon, topped with more basil and coriander.