

GRILLED SALMON OVER FRIED RICE

I hate wasting food, so when I found some leftover rice, a half package of spinach and some other bits and pieces in the fridge, I knew I had the makings of a quick fried rice. I topped it with some grilled salmon and I had dinner on the table in less than thirty minutes. Quick, easy and yummy—enjoy!

INGREDIENTS (Serves 2)

MARINADE:

2 tablespoons soy sauce
1 tablespoon of mirin
1 teaspoon of fish sauce
1 tablespoon of maple syrup
2 pieces of salmon filet (6 oz each)
salt and pepper

RICE:

2 tablespoons olive oil, (plus 2 to cook salmon)
1 onion, diced
3 cloves garlic, minced
6 cremini mushrooms, sliced
1 cup cooked rice
1 tablespoons soy sauce

1 teaspoon of mirin

1/2 teaspoon of fish sauce

2 cups spinach

1 egg, beaten

salt and pepper to taste

Scallions for garnish

PREPARATION

Season the salmon filets with salt and pepper and place in a Ziploc bag. Combine the other marinade ingredients in a bowl. Pour into Ziploc bag and seal, making sure to let out the air. Massage the marinade around the fish. Place in refrigerator for two hours.

Heat a wok or a large skillet. Add two tablespoons of olive oil. Add onion and sauté until it begins to brown, about 6-8 minutes. Add in the mushrooms and garlic and cook for one minute. Add in the cooked rice, soy sauce, mirin and fish sauce and stir. Simmer for five minutes. Add the spinach and allow it to wilt down. Stir into rice mixture. Turn off heat.

Heat a grill pan on medium high. Add 2 tablespoons of olive oil and spread on grates with a paper towel. Place the salmon filets skin side up on the grill pan. Cover pan with a pot lid. Cook for 4 minutes. Flip salmon filets over, cover and cook for another 4 minutes. (There still should be a little pink on the salmon. If you like it well done, cook for six minutes each side).

While the salmon is cooking, reheat the rice. Add the beaten egg and combine with rice mixture. Season to taste with salt and pepper.

To serve, place rice in center of plate and top with salmon

filet. Garnish with scallions.