

Jerk Salmon



INGREDIENTS

2 garlic cloves	¼ tsp soy sauce
½ tbs finely chopped fresh ginger	3 tbs olive oil
1 tbs brown sugar	4 salmon fillets
1 red chilli, deseeded and finely chopped	1 large can corn kernels, drained
1 tsp cayenne pepper	2 large onions, chopped
½ tbs thyme leaves	2 cups brown rice
½ tbs all spice	400g tin of black beans, drained and rinsed
¼ tsp each of nutmeg, cinnamon & cumin	2 limes

METHOD

In a large bowl mix the garlic, ginger, brown sugar, cayenne pepper, chilli, thyme, allspice, nutmeg, cinnamon, cumin, soy sauce and 1 tbs oil. Add the salmon and stir to coat, then leave to marinate for 30 minutes.

Cook the rice according to packet instructions.

Heat 1 tbs of oil in a pan over medium heat and cook the onions for 10 minutes until golden. Add 1 tsp of marinade and cook for a further 3 minutes. Remove and set aside.

Heat the rest of the oil in a large fry pan. Add the salmon and cook for 3-4 minutes on each side, until charred. Remove and wrap in foil and stand for 3 minutes.

Combine rice, corn, beans and onion, stir to mix well. Serve topped with the salmon fillets and a squeeze of lime juice.

SERVES: 4 PREP & COOK: 25 mins (+30min marinating time)

Recipe from: Jamie Oliver