



Salmon on Wild & Long Grain Rice

Serves 4

4 salmon cutlets

little olive oil

1/2 cup wild rice

3/4 cup long grain white rice

6 cherry tomatoes, halved

2 spring onions, chopped

1 tablespoon chopped fresh dill or fennel

good squeeze of lemon juice

3 tablespoons pine nuts

lemon slice, julienned capsicum and chives for garnish

Cook the two rices separately, according to packet instructions and drain. Toss with tomatoes, spring onions, chopped dill. Keep warm.

Preheat the George Foreman Grill and while it is heating place pine nuts onto the grill. Cook until golden. Brush into grill's tray and add to rice mixture.

Lightly brush cutlets with olive oil. Arrange cutlets on the grill and close the lid. Cook for about 4 minutes or until cutlets are cooked through. Arrange rice mixture on serving plates, top with the salmon cutlets and garnish as suggested.