

# Salmon and Egg Brown Rice Salad



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 22 November 2022

Categories: Quick & Easy, Dinner Recipes, Lunch Recipes

20 minutes is all you need to whip up this quick Salmon and Egg Brown Rice Salad. This dish combines lean proteins and delicious brown rice all on one plate, creating a fulfilling meal for any time of day.

Keep scrolling to see the full recipe.



## Ingredients

- 1½ tablespoons wholegrain mustard
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil
- Salt and pepper
- 500g microwave brown rice
- 210g canned salmon, drained and flaked
- ⅓ cup (50g) roasted almonds, chopped, plus extra for garnish
- 3 green onions, chopped, plus extra for garnish
- 6 medium boiled eggs, peeled and halved (see tips)

## Method

1. Whisk vinegar, mustard and olive oil together in a large bowl. Season with salt and pepper.
2. Heat microwave rice according to packet instructions. Transfer to bowl. Add salmon, nuts and green onions. Toss well to mix.
3. Top salad with eggs and garnish with extra nuts and green onions. Season with salt and pepper.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

## Notes

- Add eggs to a saucepan and just cover with tap water. Cook over a medium heat. Once the water reaches a simmer, start a timer for 6 minutes. Gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks. Use a large spoon to remove the eggs from the saucepan. Cool the eggs by running them under cold tap water for 30-60 seconds or placing them in a bowl of iced water. Peel and halve.
- Use any nuts available such as walnuts, pinenuts or hazelnuts. Lightly toast in a frying pan or oven.
- Substitute brown rice with cooked white rice if desired.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>284g</b>	<b>2280kJ</b> 545kcal	<b>25.4g</b>	<b>28.4g</b>	<b>5.2g</b>	<b>44.7g</b>	<b>2g</b>	<b>346mg</b>	<b>4.1g</b>
Vitamin D								
<b>9.6µg</b>								

All nutrition values are per serve.