

Introduce a little sunshine with this easy-to-prepare Caribbean style dish.

EDUCATION SECTOR: Primary
SERVINGS: 10
ALLERGENS: Fish



Sticky Mango Salmon with Jerk Style Rice & Peas

Ingredients

FOR THE RICE & PEAS

500g Brown Rice

[10g KNORR Professional Vegetable Powder Bouillon](#)

80g KNORR Professional Jerk Paste

400ml Coconut Milk

600ml Water

400g Tinned Kidney Beans

200g Green Peppers, diced

200g Carrots, diced

200g Sweetcorn

TO FINISH

800g Salmon Fillet

100g Mango Chutney

50g Honey

Method

FOR THE RICE & PEAS

- Wash the rice then place into a deep oven tray.
- Add the vegetables, then pour in the kidney beans with juice, coconut milk, water and KNORR Professional Vegetable Bouillon Powder and KNORR Professional Jerk Paste.
- Cover with foil then bake for 30 minutes at 180°C.

TO FINISH

- Mix the mango chutney and honey together then brush over the salmon.
- Remove the rice from the oven, uncover and place the salmon on top.
- Return to the oven for 10 minutes then remove.
- Brush any remaining mango glaze then return to oven for 5 minutes more.



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