Salmon and Crispy Rice Cakes

I love when a new recipe is born from the inspiration of the moment and when you have a limited amount of ingredients on hand. That is how this dish came to be. I was tired, hungry and yet had enough energy in me to create this wonderful Fresh Food in a Flash dinner.

2 cups Asian sticky rice, cooked12 ounces salmon filet, cut into 6 pieces

2 Tbs canola oil
1/4 cup Smoky Date "Not Ketchup"

- 1 Heat oven to 350°. Brush salmon pieces with oil, salt and pepper and place in an ovenproof dish.
- 2 Pat together rice to form 6 rice cakes. Heat griddle until smoking. Lightly coat with canola oil. Place rice cakes onto the griddle and cook each side until a pretty golden brown color. Set aside.
- 3 Once rice cakes are underway, place the salmon into the oven and cook until flesh is barely firm. Do not overcook. About 8-10 minutes for 1/2" thick cut.
- 4 Place 3 cooked rice cakes on each plate. Top with the salmon and drizzle with Smoky Date "Not Ketchup".

Servings: 2

Preparation Time: 10 minutes Cooking Time: 10 minutes Total Time: 20 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 665 calories, 290 calories from fat, 32.5g total fat, 100.4mg cholesterol, 436.4mg sodium, 785.8mg potassium, 52.1g carbohydrates, <1g fiber, 6.9g sugar, 38.6g protein.

Source

Author: Patricia K. Rose, February 2014

