

High fibre salmon and vegetable casserole

Microwave recipe

Ingredients

15g butter
1 onion, chopped
1 carrot, chopped
1 stick celery, chopped
1 ½ cups cooked brown rice
1 egg
1 tablespoon tomato paste
90g mushrooms, sliced
1 small red pepper, chopped
200g Smoked Atlantic salmon
130g can whole kernel corn, drained
1 tablespoon chopped chives
½ cup grated tasty cheese

method

Combine butter, onion, carrot and celery in dish, cover, cook in microwave on HIGH 5 minutes; add rice, lightly beaten egg, tomato paste, mushrooms, red pepper, salmon, corn and chives, mix until well combined. Sprinkle with cheese, cook in microwave on HIGH 8 minutes.