

Salmon theldala Mixed rice

Ingredients

- g Cooked Rice
- tbsp Oil
- cube MAGGI Chicken Seasoning Cube
- g Salmon
- g Sliced Onions
- Capsules Green chilis
- g Capsicum
- Leafs Curry Leaves
- Leafs Pandan Leaves
- g Tomato
- tbsp Garlic
- tbsp Salt
- tbsp Pepper
- tsp Chili powder

Instructions

1. Place a pan on a high heat stove and pour 2tbsp of oil into it.
2. Add 12-15 no. of curry leaves along with the 100g sliced onions, 1 tbsp chopped garlic and 2 sliced green chili.
3. Season with 1tbsp pepper, salt and 3tsp chili flakes.
4. Add the salmon and mix everything well.
5. Add in the sliced capsicum and tomatoes whilst mixing.
6. Add to this the cooked 350g of rice and continue mixing.
7. Season with a Maggi chicken seasoning cube and mix it further.
8. Serve onto a plate and enjoy while warm!

Nutrition

Carbohydrates	69.51 g
Energy	526.82 kcal
Fats	18.24 g
Fiber	5.34 g
Protein	22.92 g
Sodium	3697.35 mg
Sugars	7.45 g

15 Minutes

2 Portions