



Simple | Healthy | Delicious

Coconut Black Rice and Spinach Risotto with Salmon



INGREDIENTS

1 15 oz. can coconut milk
1 cup vegetable broth
1 cup Nature's Earthly Choice black rice
1 medium yellow onion, chopped
1 package frozen spinach (10 oz), thawed and drained
6 oz canned wild salmon, drained (or fresh cooked salmon torn into pieces)
¼ cup basil leaves
1 tablespoon extra virgin olive oil
½ tablespoon butter
Salt & Pepper
½ teaspoon turmeric

DIRECTIONS:

1. Heat a heavy bottomed pot or dutch oven over medium-high heat.
2. Add olive oil and butter and melt.
3. Add chopped onion and sauté for about 5 minutes until softened.
4. Add rice and sauté for another 2-3 minutes to "toast" in the rice.
5. Meanwhile, pour coconut milk and vegetable broth in a small sauce pan, stir together and keep warm over low-medium heat.
6. Once rice is toasted, turn heat down to medium and ladle in coconut milk mixture until just covering the rice and onions.
7. Cook until liquid is absorbed by the rice and starts to diminish.
8. Slowly continue ladling in liquid to cook the rice as it absorbs it.
9. While rice cooks, combine basil, spinach and 2 tablespoons of the coconut milk mixture in a food processor and pulse until combined. Set aside.
10. Once rice is fully cooked and has used up all the coconut milk/vegetable broth mixture add spinach mixture, turmeric and salt & pepper to taste and stir to combine.
11. Lastly, stir in salmon and garnish with basil.