

# SALMON BOWL RECIPE

This recipe serves 4

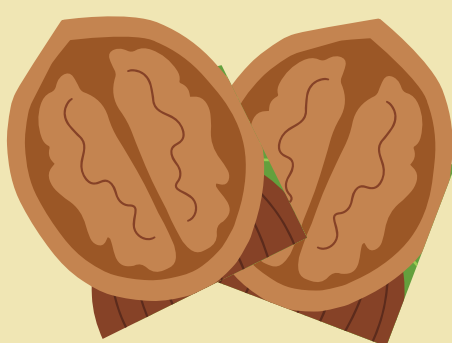
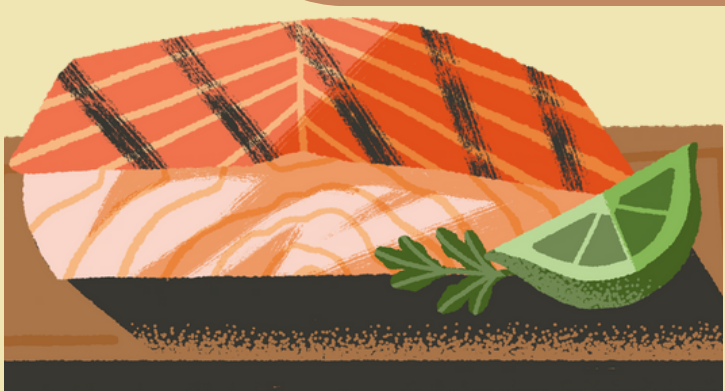
## Ingredients:

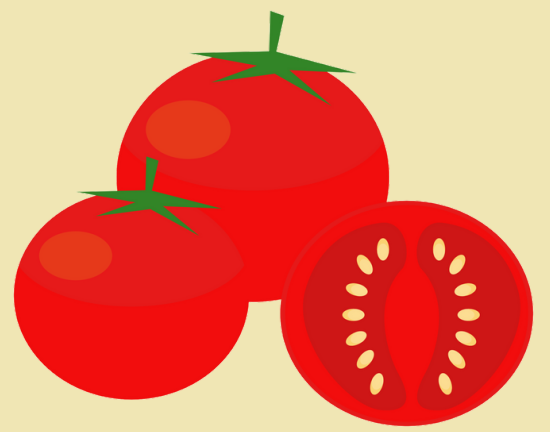
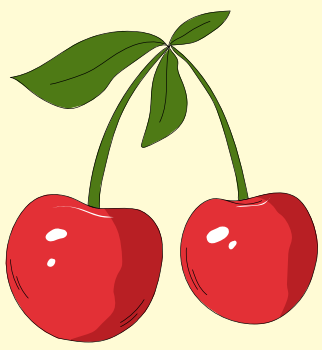
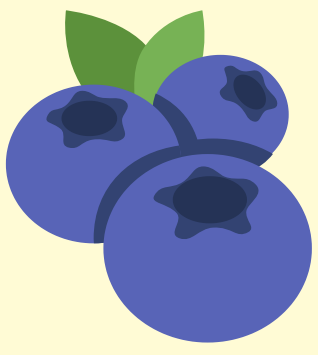
2 x 250g fillet salmon  
 1 red capsicum  
 1 green capsicum  
 1 medium mango  
 1 small red onion  
 2-3 medium tomatoes

1 large green lime  
 1 stalk coriander  
 30ml Extra virgin olive oil  
 2 tsp turmeric powder  
 1 tsp dry rosemary  
 1 cup Thai Riceberry rice  
 Salt and pepper to taste

## Directions:

1. Soak riceberry in water for 30 minutes to an hour. Wash and drain after.
2. Add 1.5 cups of water with 1 cup riceberry and cook for an hour in the rice cooker
3. Mix turmeric, dried rosemary, salt and pepper into a bowl and marinade salmon for 30 minutes to 1 hour
4. Dice the onions, capsicums, tomatoes, and mango
5. Add juice from 1 lime, lime zest and olive oil in a bowl, whisk to form a vinaigrette. Season with salt and pepper to taste.
6. Combine the vinaigrette with the salsa
7. Roughly chop coriander to top the salsa
8. Cook salmon for around 3-5 minutes per side depending on its thickness.
9. 9. Top the rice with the salmon, spoon your salsa over the salmon and enjoy an anti-inflammatory rich meal!





# KEFIR RECIPE

## Ingredients:

1 cup milk (low fat)  
1 teaspoon of kefir grains  
(don't wash them, there's no need)

## Equipment/tools:

2 glass jars with lid  
Sieve  
Bowl

## Directions:

1. Mix kefir grains and milk in a glass jar
2. Lightly cover the glass jar with a plastic lid, but do not tighten the lid (keep the lid loose)
3. Set aside to ferment for 12 to 48 hours, at room temperature. Place the jar away from sunlight. You will know your kefir is done when it has thickened. It may have set and separated, with pockets of whey forming – this is quite normal.
4. Strain the kefir through the sieve into a bowl, catching the grains in the strainer.
5. You can drink it straight away or store Kefir in the fridge.
6. To make more kefir, repeat steps 1 to 5, and start again from the beginning.

\*Boost the anti-inflammatory properties of kefir by adding anti-inflammatory fruits, such as berries, cherries or citrus fruits. Add fruits to kefir and leave it in the fridge for another 12 hours.

