



ZESTY LEEK AND SALMON CASSEROLE

INGREDIENTS

- 3 cups leek, chopped**
- 2 cups mushrooms, quartered**
- 1 cup red peppers, diced**
- 4 3-oz frozen pacific salmon filets**
- 1/2 teaspoon freshly ground black pepper**
- 1/3 cup fresh lime juice (or lemon juice)**
- 3 tablespoons olive oil**
- 1 teaspoon medium curry powder**
- 1/2 teaspoon ground cumin**
- 1/2 teaspoon turmeric**
- 1 1/2 tablespoons peeled and finely chopped fresh ginger**
- 1 cup basmati rice**
- 2 cups water (if using slow cooker),
2 1/4 cups (if using oven)**
- 1/2 cup cilantro, freshly chopped**

PREPARATION: 15 MINUTES

COOKING: 45 MINUTES

SLOW COOKER: 4 HOURS

4 SERVINGS

Nutrient Analysis

PER SERVING

1/4 of recipe

Renal exchange:

3 Protein + 3 Starch + 2 Vegetable

Calories	521Kcal
Protein	24g
Carbohydrates	56g
Fibre	4g
Total Fat	23g
Saturated Fat	4g
Cholesterol	47mg
Sodium	77mg
Potassium	758mg
Phosphorus	336mg

PREPARATION

- 1** Cut leek lengthwise and wash. Cut halves lengthwise a second time and chop into 1 cm pieces. Wash and prepare mushrooms and red peppers.
- 2** Place frozen salmon filets at the bottom of a glass baking dish or the bottom of your slow cooker. Sprinkle red peppers on top. Pepper lightly and drizzle 1 tablespoon of lime juice over fish.
- 3** Turn cooker on low heat or preheat conventional oven to 350° F.
- 4** In a 1-2 quart saucepan, heat oil over medium-high heat. Cook leeks and mushrooms together for five minutes. Season with remaining pepper, curry, cumin, turmeric and ginger.
- 5** Add basmati rice and water to the seasoned vegetables and stir until combined. Cover the saucepan and bring rice mixture to a boil (2 to 3 minutes).
- 6** Pour the hot rice mixture over the salmon. If using glass dish, cover with aluminum foil and place dish in the oven on center rack and cook for 45 minutes. If using slow cooker, cover with lid and let cook on low for 4 hours.
- 7** Before serving, drizzle the rest of lime juice over the dish and sprinkle the top with cilantro.

Note: This is a very flavourful and fresh-tasting meal which can be served cold as a salad the next day. The recipe may easily be halved for 2 people, but a smaller baking dish is needed.