

Instant Pot Salmon and Rice Pilaf

MAKES 5 SERVINGS

Courtesy of healthstartsinthekitchen.com, modified

Submitted by Ruth Maslowski

Ingredients

½ cup instant brown rice
¼ cup dried vegetable soup mix
(bulk)*
1 cup of water
¼ tsp. sea salt
1 pinch saffron (optional)
2 4-oz. – 6-oz. wild caught
salmon filet (frozen)

Directions

1. In your instant pot, add all ingredients except salmon.
2. Place your steamer rack above the rice mixture and arrange your frozen salmon filets. Season as desired.
3. Select the pressure button and cook under high pressure for 5 minutes, then quick release.
4. Serve and enjoy!



*Recipe utilizes Harmony House Foods Soup Mix, Dried Vegetable, 12 Ounce Quart Size Jar (found on Amazon.com). Please be mindful of sodium when selecting a similar product.

NUTRITION FACTS

Per Serving (1 filet, 1 cup rice): 195 calories, 3 g fat, 0 g sat. fat, 419 mg sodium, 20 g carbs, 2 g fiber, 25 g protein