

Mid-week meals to help improve sleep with

# Jess Spendlove



Salmon with brown rice, roasted tomatoes and an almond and walnut pesto

PREP TIME

**15-20**

COOK TIME

**30**

SERVINGS

**2**

## INGREDIENTS

**2x 150g** pieces of salmon  
**8-10 ripe vine** tomatoes  
**1 cup** of uncooked brown rice  
**2 cups** of basil  
**½ cup** parmesan  
**2 cloves** garlic  
**1/3 of a cup** combined almonds & walnuts  
**½ cup** extra virgin olive oil  
Salt  
Pepper

## METHOD

Pre-heat oven to 180 degrees.

Rinse brown rice grains with cold water. Place 1 cup of rice in a saucepan on the stove. Add 2 cups of water and bring to a boil.

Reduce heat and simmer rice covered for 25 minutes. Remove from heat and stand covered for 5 minutes at the end.

Drizzle tomatoes with extra virgin olive oil, season with salt and pepper and then place them on a tray and in the oven for 15 minutes.

In the meantime, rub extra virgin olive oil, plus salt & pepper on salmon. Heat a fry pan. When hot, place the salmon skin side down for 30 seconds and then skin side up for 30 seconds.

Place them on a tray and in the oven for 10-12 minutes (thinner piece, 10 minutes, thicker piece 12 minutes).

Prepare the pesto while everything cooks. Place basil, parmesan, garlic, almonds, walnuts, and olive oil in your blender or bullet. Season with salt and pepper. Blend.

Once the salmon, tomatoes and rice are prepared, place them on your plate, drizzling the salmon with your Basil Pesto.



If something else is keeping you up at night, visit [ResMed.com.au](https://www.resmed.com.au) and complete the free sleep assessment to find out more about how you sleep.



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