

SALMON & RICE PRIMAVERA



Makes 4 servings

2 tbsp (30 ml)	all-purpose flour
2 cups (500 ml)	milk
1 cup (250 ml)	converted white rice
4 oz (125 g)	herb and garlic-flavoured cream cheese
1 1/2 cups (375 ml)	hot water
1 tsp (5 ml)	salt
1/4 tsp (1ml)	pepper
1 1/2 lbs (750 g)	skinless salmon fillet (in 4 pieces)
2 cups (500 ml)	frozen mixed vegetables, thawed
	Lemon wedges

In a large nonstick skillet, whisk flour into milk; stir in rice, cream cheese, hot water, salt and pepper. Bring to a simmer over medium-high heat, stirring often. Reduce heat to medium-low; cover and simmer for 15 minutes until rice is almost tender, stirring occasionally. Sprinkle salmon with salt and pepper. Working quickly, stir vegetables into rice and nestle salmon fillets on top. Cover and cook for 15 minutes longer or until rice is tender and most of liquid is absorbed and white juices form on top of salmon. Remove from heat and let stand, covered, for 5 minutes. Serve with lemon wedges to squeeze over top.

Recipe courtesy of Dairy Farmers of Canada.



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