**Zingy salmon & brown rice salad**

Serves 3 - 4

* 200g brown basmati rice
* 200g frozen soya beans, defrosted
* 2 salmon fillets
* 1 cucumber, diced
* small bunch spring onions, sliced
* small bunch coriander, roughly chopped
* zest and juice 1 lime
* 1 red chilli, diced, deseeded if you like
* 4 tsp light soy sauce

1. Cook the rice following pack instructions and 3 mins before it’s done, add the soya beans. Drain and cool under cold running water.
2. Meanwhile, put the salmon on a plate, then microwave on High for 3 mins or until cooked through. Allow to cool slightly, remove the skin with a fork, then flake.
3. Gently fold the cucumber, spring onions, coriander and salmon into the rice and beans. In a separate bowl, mix the lime zest and juice, chilli and soy, then pour over the rice before serving.