

Tomato Onion Salmon Fried Rice

This vibrant fried rice dish combines the rich flavors of salmon, sweet corn, and fresh tomatoes with sautéed onions. A quick and satisfying meal perfect for any time of the day.


20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 cup cooked rice
- 100g salmon fillet
- 1 small onion, diced
- 1 medium tomato, chopped
- 1/2 cup corn (canned or frozen)
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste
- Chopped green onions for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add diced onion and sauté until translucent.
- 3 Add the salmon fillet and cook for 3-4 minutes on each side until fully cooked, then flake into pieces.
- 4 Stir in the chopped tomato and corn, cooking for another 2-3 minutes.
- 5 Add the cooked rice and soy sauce, mixing well to combine. Season with salt and pepper.
- 6 Cook for an additional 2-3 minutes until everything is heated through.
- 7 Serve hot, garnished with chopped green onions if desired.