



THERE'S PLENTY OF FISH IN OUR SEA!

Will Your Recipe Win
Rider Student Top Chef: Fresh Catch?

[Click here
to enter
your recipe](#)

Name: Brittany and Julissa Cook

Recipe Title: Dijon Salmon with White Rice and Grilled String Beans

Recipe Ingredients:

- 8 oz fillet salmon
- 1 tbsp Dijon mustard
- 1/2 tbsp honey
- 1/2 tbsp whole grain mustard
- Salt and pepper
- Onion
- Garlic
- White rice
- Olive oil
- Fresh String beans

Recipe Instructions

1. First set the oven to 425 degrees and put aluminum foil on the pan.
2. Put a little bit of oil in the pot for the rice. Put diced onions and 2 fresh garlic cloves in the pot. Then sauté that. After that, get another pot put 2 cups of water in the pot and put 2 cups of rice. Watch the rice and when it rises move it and the rice could also take about 30 minutes to cook.
3. While the rice is cooking you can now start working on the salmon and string beans.

4. So first mix dijon mustard, honey, whole grain mustard, and salt and pepper.
Make sure you mix it well.
5. After that, dip the salmon into the mixture and make sure you get it all over the salmon.
6. Then, take the salmon and put it in the pan and put it in the oven for about 8 minutes or longer depending on the thickness of it and also put a fork in it while it is cooking to check if it's done or not.
7. While that's going you, can also cook the string beans. So, you want to prepare your string beans by covering them in olive oil and putting about a tablespoon of salt into the mixture.
8. After that, you can put some oil in a pan and put the string beans in the pot and let it cook. Medium heat. This should take about 5-10 minutes.
9. When this is done, you can take it out of the oven and pans. Put the food onto a plate and serve it.