

# Slow-Cooker Salmon With Mediterranean White Rice Salad

0 comments

MAIN COURSES

SALADS

FISH & SEAFOOD

GRAINS

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

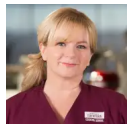
SERVES 4

TIME 1 to 2 hours on low

SLOW COOKER SIZE 4 to 7 quarts

## WHY THIS RECIPE WORKS

What if we could create a beautifully moist salmon and perfectly cooked rice combo in the slow cooker? We first tried cooking long-grain rice with parchment paper on top (a trick we used previously with success), and then laying the salmon on top of that and hoping for the best. Although this technique didn't work—we ended up with raw rice and cooked salmon—we knew the general ideas were solid. For our next attempt we cooked the rice for a few hours until mostly done and then added the salmon for the last little bit. While this worked, we were unhappy with the amount of time needed to tend to the dish. For our final trial, we switched to instant rice. Using this convenient ingredient, we found that we were able to cook both the rice and the salmon in the same amount of time, which was our original goal. Once we had our cooking method down pat, we turned to the flavors. Since we were keeping our salmon very simple, we knew that our rice needed some bold flavors to round out the meal. We decided on a Greek profile, using red wine vinegar, honey, garlic, and oregano as the base flavors for our vinaigrette. Once the rice was cooked, we stirred cherry tomatoes, whole parsley leaves, feta, and vinaigrette into our rice. [Read Less](#)



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## GATHER YOUR INGREDIENTS

- ☐ 1  $\frac{2}{3}$  cups boiling water
- ☐ 1  $\frac{1}{2}$  cups instant white rice
- ☐  $\frac{1}{3}$  cup extra-virgin olive oil

- ☐ Salt and pepper
- ☐ **4** (6- to 8-ounce) skin-on salmon fillets, 1 to 1½ inches thick
- ☐ ¼ cup red wine vinegar
- ☐ **1** tablespoon honey
- ☐ **2** teaspoons minced fresh oregano
- ☐ **2** garlic clove, minced
- ☐ **8** ounces cherry tomatoes, quartered
- ☐ ½ cup fresh parsley leaves
- ☐ **2** ounces feta cheese, crumbled (½ cup)
- ☐ Lemon wedges

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**View Nutritional Information** ⓘ

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## KEY EQUIPMENT

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Mixing Bowls



Slow Cookers



Best Chef's Knives



## BEFORE YOU BEGIN

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Look for salmon fillets of similar thickness to ensure that they cook at the same rate. Leave the skin on the salmon to keep the bottom of the fillets from overcooking and to make it easier to skin the fillets once done. Be sure to use instant rice (sometimes labeled minute rice); traditional rice takes much longer to cook and won't work here. You will need an oval slow cooker for this recipe. For an accurate measurement of boiling water, bring a full kettle of water to a boil and then measure out the desired amount. Check the salmon's temperature after 1 hour of cooking and continue to monitor until it registers 135 degrees.

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## INSTRUCTIONS

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1. Lightly coat slow cooker with vegetable oil spray. Combine boiling water, rice, 1 tablespoon oil,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper in prepared slow cooker. Gently press 16 by 12-inch sheet of parchment paper onto surface of water, folding down edges as needed.

2

Season salmon with salt and pepper and arrange, skin side down, in even layer on top of parchment. Cover and cook until salmon is opaque throughout when checked with tip of paring knife and registers 135 degrees (for medium), 1 to 2 hours on low.

3

Using 2 metal spatulas, transfer salmon to serving dish; discard parchment and remove any white albumin from salmon. Whisk vinegar, honey, oregano, garlic, and remaining oil together in bowl. Fluff rice with fork, then gently fold in tomatoes, parsley, feta, and  $\frac{1}{2}$  cup vinaigrette. Season with salt and pepper to taste. Drizzle remaining vinaigrette over salmon and serve with salad and lemon wedges.

## RECOMMENDED READING

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