



Salmon & Crispy Rice Bowl with Sesame Ginger Dressing

1 serving

1 hour 5 minutes

Ingredients

2 2/3 tbsps Jasmine Rice (dry, rinsed)
3/4 tsp Tamari
1/4 tsp Sesame Oil
113 grams Salmon Fillet (skin on)
Sea Salt & Black Pepper (to taste)
1/4 Cucumber (large, thinly sliced)
1/4 cup Frozen Edamame (thawed)
1 stalk Green Onion (thinly sliced)
1/4 Avocado (medium, sliced)
1 tbsp Sesame Ginger Dressing

Directions

- 1 Cook the rice according to the package directions. Let it cool completely.
- 2 Preheat the oven to 400°F (205°C). Line two baking sheets with parchment paper.
- 3 Toss the cooked rice with tamari and oil. Spread evenly on one of the baking sheets. Bake for 30 to 35 minutes, tossing halfway through, until crispy and golden.
- 4 Meanwhile, season the salmon with salt and pepper. Place it skin-side down on the second baking sheet and bake alongside the rice for 13 to 14 minutes, or until cooked to desired doneness. When done, shred it into bite-size pieces and discard the skin.
- 5 Divide the crispy rice, cucumber, edamame, green onion, avocado, and cooked salmon evenly into bowls. Add the dressing and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Add the dressing just before serving.

Serving Size: One serving is approximately half a cup of rice, 2/3 cup of salmon, one cup of veggies, and one tablespoon of dressing.

More Flavor: Add fresh mint or cilantro to the salad. Include a squeeze of lime before serving.

Short On Time: No need to crisp up the rice. Skip this step and just use cooked rice instead.