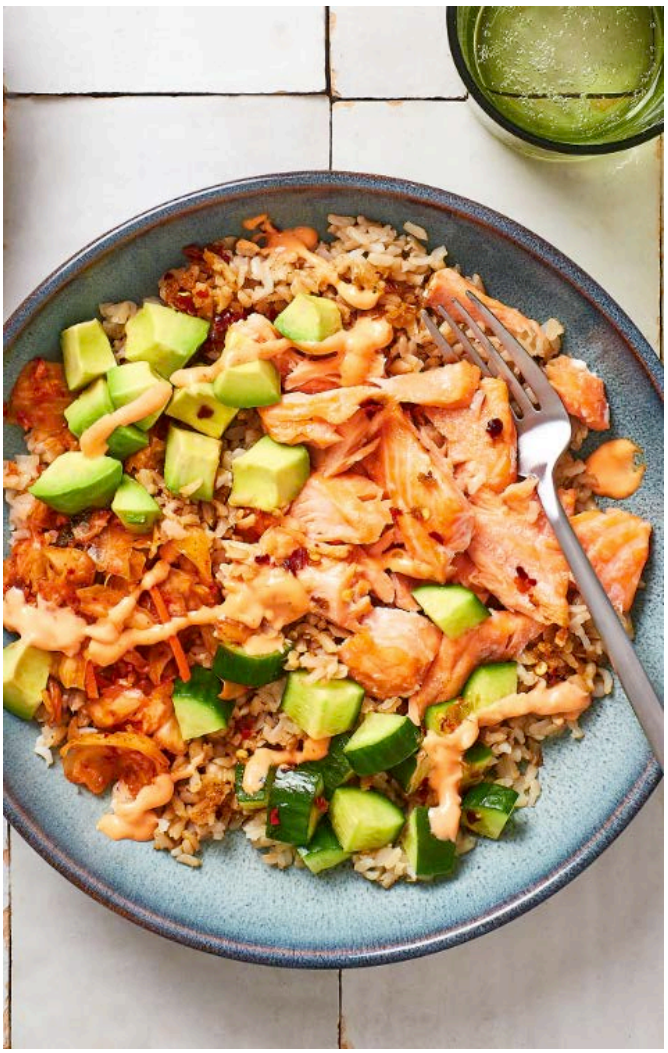
SALMON RICE BOWL

INGREDIENTS:

- 4 ounces salmon, preferably wild
- 1 teaspoon avocado oil
- ⅛ teaspoon kosher salt
- 1 cup instant brown rice
- 1 cup water
- 2 tablespoons mayonnaise
- 1 ½ teaspoons Sriracha
- 1 ½ teaspoons 50%-less-sodium tamari
- 1 teaspoon mirin
- ½ teaspoon freshly grated ginger
- ¼ teaspoon crushed red pepper
- ⅛ teaspoon kosher salt
- ½ ripe avocado, chopped
- ½ cup chopped cucumber
- ¼ cup spicy kimchi
- 12 (4-inch) sheets nori (roasted seaweed)



NUTRITION PER SERVING:

- 481 calories
- protein 18g
- carbohydrates 47g
- fiber 6g
- sugar 3g
- fat 25g
- sat fat 4g
- cholesterol 37mg

DIRECTIONS:

- Step 1: Preheat oven to 400°F. Line a small rimmed baking sheet with foil. Place salmon on the prepared pan. Drizzle with oil; season with salt. Bake 8-10 minutes until cooked through.
- Step 2: Mix rice and water in a small saucepan; cook according to package directions. Mix mayonnaise and Sriracha in a small bowl; set aside. Whisk tamari, mirin, ginger, crushed red pepper, and salt in another small bowl; set aside.
- Step 3: Divide the rice between 2 bowls. Top with salmon, avocado, cucumber, and kimchi. Drizzle with the tamari mixture and the mayonnaise mixture. Mix the bowls, if desired, and serve with nori.

Makes 2 Servings

Reference: https://EatingWell.com