TERIYAKI SALMON BOWL

Ingredients:

FOR THE SALMON
- 2 wild caught salmon fillets 4-6 oz each

FOR THE TERIYAKI SAUCE
- 2T soy sauce reduced sodium (or coconut aminos)
- 2T mirin cooking rice vinegar found in the Asian section of the supermarket (or dry sherry)
- 2T sake or sherry
- 1 1/2 tsp raw honey
- 1 1/2 tsp water
- 1 tsp cornstarch

FOR THE BOWL
- 1 cup cooked rice (jasmine or brown)
- 2 cups fresh spinach
- ½ avocado, sliced
- ¼ cup edamame, shelled
- 1 carrot, grated
- 1 tsp toasted sesame seeds
- 1 green onion sliced



Directions:

- Preheat oven to 400F. Prepare a baking sheet with parchment paper and set aside.
- In a small pan over medium heat, combine soy sauce, mirin, sake and honey. While mixture is heating, whisk together in a separate small bowl cornstarch and water. Add cornstarch mixture to soy sauce mixture and bring to a boil. Reduce heat and continue to stir frequently until teriyaki reaches desired thickness (about 2-3 minutes).
- Place salmon fillets (skin side down) on prepared baking sheet, brush with teriyaki sauce. Reserve any unused teriyaki sauce to drizzle over finished bowl. Place salmon in oven and cook for about 12- 15 minutes until pink. Allow to cool for a few minutes. Remove and discard the skin.
- While salmon is cooking, heat a large skillet over medium heat. Drizzle a small amount of olive oil (or water) and cook spinach until it wilts (approx. 2-3 min.) season with salt and pepper to taste.
- To assemble bowls, heat up cooked rice and divide between bowls. Top with salmon, spinach, carrot, edamame, avocado, sesame seeds and green onions. Drizzle any remaining teriyaki sauce over bowl if desired.

NUTRITION PER SERVING:

Per Serving: Calories 491, Carbs 28g, Protein 35g, Fat 17g, Sat Fat 2g, Cholesterol 78mg, Sodium 136mg, Fiber 6g, Sugar 2g