

Teriyaki Salmon Bowl

Prep time: 20 minutes. **Cook time:** 10 minutes. Makes 4 servings.

Ingredients:

- 4 5oz salmon filets
- 3 cups cooked brown rice
- 2 cups chopped cucumber
- 1 cup shelled edamame, cooked and cooled
- 1 cup shredded carrots
- 1 medium avocado
- 2 green onions, thinly sliced
- ½ cup coconut aminos
- ¼ cup honey
- 1 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 3 garlic cloves, minced 1 tsp grated fresh ginger
- 1 ½ tbsp cornstarch



Directions:

1. Prepare the sauce by combining the coconut aminos, honey, vinegar, sesame oil, garlic, and ginger. Whisk well to combine, making sure the honey has dissolved.
2. Preheat the broiler. Line a baking sheet with foil and place the filets on the sheet skin-side down. Pour 1/3 cup of the sauce over the filets. Broil for 7-8 minutes or until the fish flakes easily with a fork.
3. Add the remaining sauce to a small saucepan over medium-high heat and bring to a simmer.
4. In a small bowl, whisk together cornstarch and 2 tbsp of water until the cornstarch is dissolved. Once the mixture in the saucepan is simmering, whisk in the cornstarch and return to a simmer, stirring occasionally. Heat for 3-4 minutes, or until sauce has thickened.
5. To serve, place ¾ cup rice in each of 4 shallow bowls. Top with salmon and divide the cucumbers, carrots, edamame, and avocado among the bowls. Drizzle each bowl with 2 tbsp of teriyaki sauce and sprinkle with sliced green onions and sesame seeds.

Nutrition Information:

Calories: 560; Fat: 18g; Sodium: 450mg; Carbohydrates: 65g; Fibre: 6g; Sugar: 19g; Protein: 40g

Source: therealfooddietitians.com/teriyaki-salmon-bowls/



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