



EASY SALMON BOWL

PREP TIME: 10 MINUTES **COOK TIME:** 20-40 MINUTES
DEPENDING ON THE TYPE OF RICE **TOTAL TIME:** 30-50 MINUTES

Ingredients for Spring Rolls

- 8 oz salmon fillet, cut into 1-inch cubes (or buy frozen poke salmon already cut into cubes)
- 1 tbsp of poke sauce or low sodium soy sauce
- 1 tsp sesame oil
- 2 tsp lime juice
- 1 tsp honey
- 1 tsp sea salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder or freshly minced garlic
- 1/2 tsp ginger powder or freshly minced ginger

Rice Bowl & Topping Ingredients

- 2 cups brown rice
- 2 cups frozen broccoli boiled
- 1 cup frozen edamame boiled
- 1 avocado, diced
- 1/2 cup carrots, shredded
- 1/2 cup mini cucumbers
- 2 tbsp low sodium soy or poke sauce
- Sesame seeds
- Chives or herbs of choice

Directions

1. Boil rice following the instructions on the package. Make more one night to make this second night dinner quicker
2. Boil another pot of water for the broccoli & edamame. They usually need to boil for 4 minutes from frozen
3. Sauté the salmon ingredients in a pan for ~5 minutes
4. Wash & chop the remaining ingredients
5. Place cooked rice in the bowl first. Drizzle poke or soy sauce over the rice. Layer on the cooked salmon, avocado, cucumber, carrots, broccoli, edamame & any other vegetables of choice
6. Garnish with sesame seeds, chives, herbs or spices of choice

ENJOY!