

Salmon Rice Bowl

Make this healthy Salmon Rice Bowl with marinated salmon, fresh vegetables, and spicy mayo. Quick 30-minute meal perfect for weeknight dinners.

20 min

PREP

10 min

COOK

30 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 6 oz salmon
- 2 cup rice
- 1 clove garlic
- 1 tsp roasted sesame oil
- 1 cup carrot
- 1 cup cucumber
- 1 avocado
- 1 tbsp honey
- 1 tsp fresh root ginger
- 2 tbsp mayonnaise
- 2 tbsp soy sauce
- 1 tsp lime juice
- 1 tsp sesame
- 2 scallion

Instructions

1 Prepare the marinade

Whisk together 2 tablespoons soy sauce, 1 tablespoon honey, 1 teaspoon sesame oil, and 1 minced garlic clove in a small bowl until smooth.

- 2 Place 6 oz salmon fillets in a shallow dish and pour marinade over them, turning to coat all surfaces. Marinate at room temperature for 15 minutes.

3 **Make the spicy mayo**

Mix 2 tablespoons mayonnaise, 1 teaspoon sriracha, and 1 teaspoon lime juice in a small bowl until smooth. Adjust sriracha to taste and set aside.

4 **Cook the salmon**

Heat a non-stick skillet over medium-high heat (350°F/175°C). Add 1 teaspoon oil and swirl to coat.

5 Remove salmon from marinade and cook 3-4 minutes per side until golden brown and internal temperature reaches 145°F (63°C). The fish should flake easily with a fork.

6 Transfer salmon to a plate and let rest for 2 minutes, then flake into bite-sized pieces using a fork.

7 **Prepare the vegetables**

Slice 1 cucumber into thin rounds and dice 1 avocado. Arrange 1 cup shredded carrots in a small bowl.

8 **Assemble the bowls**

Divide 2 cups cooked rice between two serving bowls, spreading it evenly to create a base.

9 Top each bowl with half the flaked salmon, cucumber slices, diced avocado, and shredded carrots, arranging them in separate sections.

10 **Finish and serve**

Drizzle spicy mayo over each bowl and garnish with 2 sliced green onions. Serve immediately while salmon is warm.

Tips

Choose sushi-grade salmon for the best quality and flavor, and let it come to room temperature before cooking for even results.

Don't overcook the salmon - it should flake easily with a fork but remain moist in the center.

Prepare all vegetables while the salmon marinates to maximize efficiency and ensure everything is ready at once.

Toast sesame seeds in a dry pan for 2-3 minutes to enhance their nutty flavor and add extra crunch to your bowl.

Make extra spicy mayo and store it in the refrigerator - it's perfect for other Asian-inspired dishes throughout the week.

Use day-old rice for better texture, or spread freshly cooked rice on a sheet pan to cool quickly before assembling bowls.

For meal prep, pack wet ingredients like avocado and sauce separately to prevent soggy rice and vegetables.

Customize the heat level by adjusting sriracha in the spicy mayo, or offer it on the side for individual preference.