

Teriyaki Salmon Bowl

This Teriyaki Salmon Bowl is full of flavour and takes just 30 minutes to make!

INGREDIENTS

- 1 lb (450g) salmon filets, cut into chunks
- 1 cup (180g) rice (we used sushi rice)
- 3 tablespoons rice vinegar
- 1/2 teaspoon salt
- 1 tablespoon honey
- 1 teaspoon brown sugar
- 2 teaspoons gluten-free tamari (or soy sauce, or Nuoc Mam)
- 1 teaspoon sesame oil
- 1/2 teaspoon grated garlic
- 1/2 teaspoon grated ginger
- 1 tablespoon Sriracha, optional (or any hot sauce you like)
- 4 scallions, chopped
- 2 tablespoons sesame seeds
- 5 oz (150g) edamame beans
- 1 avocado, sliced

DIRECTIONS

1. Cook the sushi rice according to the packet instructions. Add a small dollop of butter to the rice if you like.
2. In the meantime, mix the rice vinegar, brown sugar, and salt together in a small bowl, stirring well until the sugar and salt have dissolved in the vinegar. When the rice is cooked, pour the dressing over and stir to coat the rice.

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3. Divide the cooked rice between two bowls so that two-thirds of each base is covered. Sprinkle rice with sesame seeds. In the remaining third, arrange edamame and sliced avocado.
4. To make the Teriyaki sauce, mix the honey, sesame oil, tamari (or soy sauce), garlic, ginger, and Sriracha together in a small bowl.
5. In a skillet over medium heat, heat 1 tablespoon oil and add the diced salmon filets. Brown the salmon quickly on all sides, then pour the Teriyaki sauce over.
6. Turn the heat back up to high – stir so that the salmon is fully coated in the Teriyaki sauce and then sprinkle the spring onions over the top. Continue to cook on high heat for a couple of minutes, stirring occasionally, until the salmon is glazed and cooked to your liking. Remove from the pan and scoop the teriyaki salmon and spring onions onto the sushi bowls.

