

Salmon bowl with crispy rice

about 35-40 min · 2 servings

INGREDIENTS

CRISPY RICE

- 180 g cooked brown or red rice
- 1/4 tbsp chilli oil
- salt to taste

TERIYAKI-GLAZED SALMON

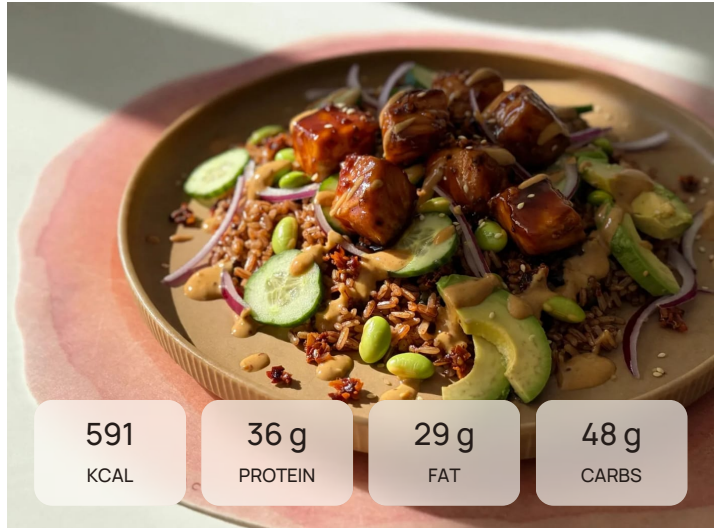
- 240 g salmon, diced
- 2 tbsp soy sauce
- 1 tbsp maple syrup (or agave syrup)
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp potato starch

BOWL

- 100 g fresh cucumber, sliced
- 80 g edamame (shelled), cooked
- 25 g red onion, thinly sliced
- 60 g avocado, sliced

PEANUT SOY SAUCE

- 15 g peanut butter
- 1.5 tbsp soy sauce
- 1 tbsp lime juice
- 3/4 tsp maple syrup (or agave syrup)
- 1/8 tsp garlic powder
- 5-10 ml water to thin (only if the sauce is too thick)



Nutritional values per serving.

METHOD

1. Mix the rice with the chilli oil and salt and spread it in a thin layer on a baking tray lined with baking paper.
2. Bake: in the oven at 220°C for 20-25 minutes or in the air fryer at 200°C for 12-15 minutes, until the edges are crispy and lightly golden.
3. Mix the soy sauce, maple syrup, garlic powder, ground ginger and starch to make the teriyaki glaze.
4. Toss the diced salmon in the glaze and cook in the air fryer at 200°C for 8-10 minutes or in the oven at 220°C for 12-14 minutes, until cooked through and slightly caramelised at the edges.
5. Mix the peanut soy sauce ingredients. With this little peanut butter the sauce usually doesn't need thinning, but if it's too thick, add 5-10 ml water.
6. Arrange the crispy rice, cucumber, edamame, onion and avocado in bowls, top with the salmon and drizzle with the peanut soy sauce.

GOOD TO KNOW

Spread the rice really thinly: two trays are better than one thick layer. In a thick layer the bottom burns before the top gets crispy.

Recipe from "Fresh Start Meal Plan: Dairy-Free"