

Salmon bowl with avocado and rice

about 25-30 min · 4 servings

INGREDIENTS

SALMON

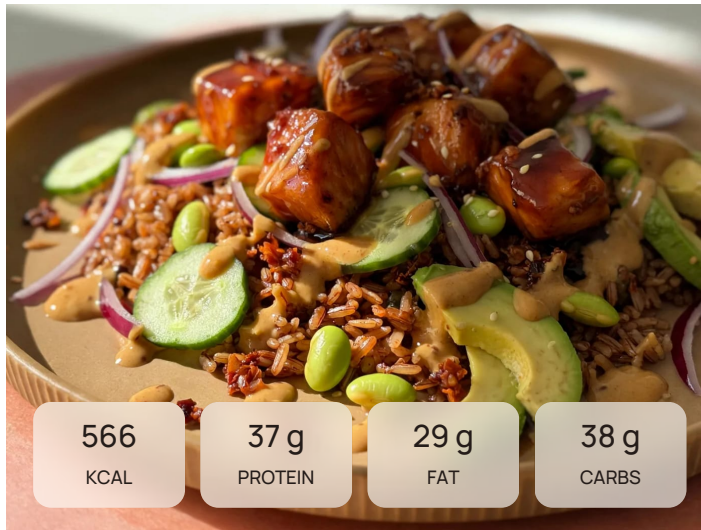
- 560 g salmon, diced
- 1 tsp Dijon mustard
- 1 tsp agave syrup or honey
- salt and pepper to taste
- 1 tsp garlic powder
- 1 tsp chilli flakes
- 1 tsp chilli-lime seasoning (or a homemade mix: chilli, grated lime zest, salt)
- 1/4 tsp cayenne pepper
- 1 tbsp vegetable oil, for frying (or for drizzling if using the air fryer)

SAUCE

- 160 g 0% fat Greek yoghurt
- juice of 1/2 lime
- 2 tsp rice vinegar
- 1.5-2 tbsp sriracha
- a pinch of salt and pepper

BOWL

- 400 g cooked brown rice (or another grain/quinoa)
- 200 g lettuce, chopped
- 200 g fresh cucumber, sliced
- 160 g avocado (about 1), sliced



566

KCAL

37 g

PROTEIN

29 g

FAT

38 g

CARBS

Nutritional values per serving.

METHOD

1. Season the salmon with all the spices and the mustard.
2. Heat the oil in a frying pan and fry the salmon for 3-4 minutes on each side, until cooked and lightly browned (or cook it in the air fryer at 200°C for about 8 minutes instead).
3. Mix the sauce ingredients.
4. Divide the rice between bowls and add the lettuce, cucumber and avocado.
5. Top with the salmon and drizzle with the sauce.

GOOD TO KNOW

Agave syrup and honey are practically equal in calories here (about 21 kcal vs about 20 kcal per teaspoon), so use whichever you have to hand.

Recipe from "Fresh Start Meal Plan"