

## Salmon Rice Bowl

**Serves:** 2

**Prep time:** 20 minutes

**Cook time:** 15 minutes



2 serves per portion

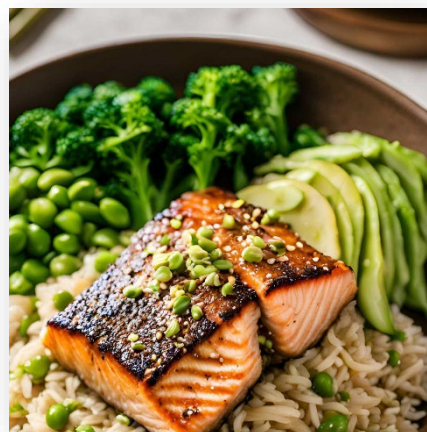
### Ingredients

- 2 cups brown rice
- 2 salmon fillets (approx. 250 grams) fresh or frozen
- 2 tablespoons Dijon mustard
- 2 tablespoons sesame seeds
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce, salt reduced
- 1 tablespoon honey
- ½ avocado, sliced
- 1 bunch broccolini, sliced
- 2 cup coleslaw mix or 1 cup shredded cabbage
- 2 tablespoons pickled onion (homemade or store bought)
- ½ cup edamame beans (canned or frozen)
- [Optional] 2 tablespoons kewpie mayonnaise*

*[Optional: Substitute salmon fillets for chicken breast or tofu for a vegetarian option]*

### Method

- COOK rice according to package instructions.
- COAT salmon fillets with dijon mustard and top with sesame seeds, gently pressing salmon seeds in so that they stick to the dijon mustard.
- BAKE salmon in air fryer or oven at 200°C for 15 minutes
- MIX sesame oil, soy sauce and honey in a small bowl until combined. Set aside.
- HEAT oil in fry pan on medium heat and add broccolini. Cook until tender, about 5 minutes.
- ASSEMBLE ingredients into two bowls, brown rice, avocado, broccolini, coleslaw/cabbage, pickled onion and edamame. Top each bowl with salmon fillet.
- DRIZZLE each bowl with sesame soy dressing and kewpie mayonnaise if desired.



Everyday Food

*Recipe courtesy of Country Kitchens team*