



HOT HONEY SALMON BOWL

RECIPE BY: LISA NIK

INGREDIENTS

Boneless Filet Salmon .92 lbs

Seasoning for Salmon (1 tsp salt , 1/2 cup hot honey, 1 tsp garlic powder, 1tsp onion powder, 1 tbsp sesame oil, 1 tbsp coconut aminos, 1 tbsp siracha)

Rice

Use the jasmine rice from trader joes in the frozen section

Add 1 tablespoon of rice vinegar to it

Toppings

Half avocado

Slaw (green cabbage, red cabbage, carrots) can buy made already from trader joes

Cucumber

Cilantro

Nori Komi Furikake or just cut up seaweed and sesame seeds

Dressing

2 tbsp mayonnaise 1 table spoon siracha,

1.5 tsp rice vinegar

INSTRUCTIONS

1. Tap salmon dry and marinate with all the seasoning listed. Cover and leave in fridge for 30 min
2. Once you've placed the salmon in the fridge start preparing your toppings. Dice cucumber into little pieces, dice up the avocado, prepare the slaw with a little bit of mayo and rice vinegar, make the sauce and prepare the rice. Once the rice has cooled down add in the rice vinegar. Put all of this to the side.
3. Take your salmon out and place it in pan with some olive oil or butter. Put on low heat until majority of it is cooked through then raise the heat so it can be a little crispy.
4. Place salmon over rice along with all the other toppings. Add some of the furikake on top and enjoy. I love to eat it wrapped in seaweed like little hand rolls. It is so delicious!

Why I love it : I love this salmon bowl because it's a healthy, satisfying meal that's incredibly easy to make. It gives me all the flavors I love about sushi without the time and effort that sushi preparation requires. It's my perfect go-to when I'm craving something fresh, flavorful, and nourishing.

CARATS × CARROTS
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