

Japanese-Style Salmon Bowl



Do you ever find yourself with little bits of a bunch of different vegetables and no idea how you're going to use them up? This dish is not only incredibly healthy and a change from the same old boring dinner, but you can throw just about anything in and it will taste great!

This kind of reminds me of a deconstructed sushi roll with the avocado, cucumber and nori, but since the salmon is cooked it's a good thing for the sushi-weary to try. It'll get you used to Japanese flavors at least before taking the plunge into full-fledged sushi ☐

If you aren't familiar with nori, it is Japanese roasted seaweed. It is crispy and adds some crunch to this dish, and it's extraordinarily nutritious. You can find it in the Asian

section at most grocery stores. It is usually dark green and comes in big sheets, like 8×8 size or in smaller snack-sized packs, about the size of a pack of ramen noodles. It can be flavored with different things or unflavored. I personally like the sesame flavor and we actually buy the snack sized packs at Costco and eat them like chips. Nori really is tasty, but if the idea just totally grosses you out, just leave it off. The recipe won't be ruined without the nori. You can learn a little more about the nutritional value of seaweed [here](#).

I originally found this recipe at www.skinnytaste.com and I've made it many times, always with different ingredients and it always comes out tasting great. So feel free to play around with the ingredients as much as you want- you probably will be happy with what you get!

Japanese-Style Salmon Bowl

- 2 T soy sauce
- 2 t wasabi (or Sriracha)
- 2 T rice vinegar
- 1 T sesame oil
- 1/2 cup green onions (may substitute leeks, scallions or chives)
- 1 English cucumber, sliced
- 1 T sesame seeds
- 1 avocado, sliced
- 2 cups cooked brown rice
- 2 cups chopped peppers, mushrooms, sprouts, carrots, broccoli, or nappa cabbage
- 1 strip nori, crumbled
- 1 lb wild salmon, cut into 4 pieces
- 2 T olive oil
- salt and pepper to taste

In a small bowl, combine soy sauce, wasabi, rice vinegar and sesame oil. Set aside. Heat olive oil in frying pan over

medium-high heat. Season salmon pieces with salt and pepper. Cook salmon in frying pan 4 minutes per side. Divide rice among each of 4 bowls. Add a piece of salmon to each bowl. Then divide the cucumber, sesame seeds, avocado, and other veggies among the bowls. Pour 1/4 of the soy sauce mixture over each bowl. Top with crumbled nori and serve.