

RICE BOWL

Nutrition Recipe makes 2 bowls

Serving: 1 bowl

Calories: 616 **Carbohydrates:** 56 g **Protein:** 44.5 g **Fat:** 23.9 **Fibre:** 4.8g

INGREDIENTS

Protein – Salmon, Fish, Chicken or Tofu

- 1.5 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 0.5 Tbsp ginger, grated
- 1 clove garlic, grated or 1 teaspoon minced
- 300 - 400g protein of choice

Rice

- 0.5 cup dry sushi rice (or sub brown rice and increase water)
- 0.63 cups water
- 0.5 tsp rice vinegar

Veg

- 1 cup each thinly sliced cucumber and carrots
- ½ cup edamame

FOR SERVING *optional*

- Avocado thinly sliced
- Spring onion thinly sliced
- Seaweed snack chips or nori sheets
- Sesame seeds or Kewpie sesame dressing
- Wasabi peas
- Pickled ginger & Wasabi

DIRECTIONS

Cube then Marinate Protein:

Whisk soy, sesame oil, rice vinegar, grated ginger, grated garlic and maple syrup

Set aside 2-3 Tbsp of the marinade for serving with finished bowls (optional).

Add the protein to the remaining marinade and allow to marinate for ~20 minutes.

Cook Rice

Cook Salmon:

Heat a large non-stick pan over medium-high heat.

Cook the salmon cubes for 5-6 minutes total, flipping occasionally until lightly caramelized and cooked to your preference.

Serve:

To serve, divide the rice between bowls and add the salmon, vegies and other toppings of choice — I like it with cubed avocado and garnished with wasabi peas, nori, kewpie sesame dressing & pickled ginger

To pre-prepare

Cook protein and rice then throw together with your preferred toppings and dressings