

# Salmon Rice Bowl



## Servings: 1

### *Salmon:*

*4 ounces Salmon Fillet  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 tablespoon olive oil*

### *Rice Bowl:*

*1 cup cooked brown rice  
1/2 avocado, sliced  
1/4 cup carrots, shredded  
1/4 cup cucumber, sliced  
1 tablespoon soy sauce  
2 tablespoons mayonnaise  
2 teaspoons sriracha  
sesame seeds, for garnish*

## Salmon:

Season the salmon fillet with salt, and pepper.

Heat the olive oil in a skillet over medium-high heat.

Cook the salmon about 4 minutes per side until fully cooked.

Cut the salmon into 1-inch cubes. Set aside

## Rice Bowls:

To a bowl add cooked rice.

Layer on top cubed salmon, avocado, carrots, and cucumber.

In a small bowl whisk together soy sauce, mayonnaise, and sriracha until combined.

Drizzle the top of the rice bowl with sriracha mayonnaise, and garnish with sesame seeds.

Serve

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Per Serving (excluding unknown items): 725 Calories; 54g Fat (64.3% calories from fat); 8g Protein; 59g Carbohydrate; 7g Dietary Fiber; 10mg Cholesterol; 2275mg Sodium. Exchanges: 3 Grain(Starch); 1 Vegetable; 1/2 Fruit; 7 1/2 Fat.