



Honey Mustard Crispy Salmon Bowls

INGREDIENTS

Salmon

- 4 garlic cloves, minced
- ⅓ cup avocado or olive oil
- ⅓ cup reduced-sodium soy sauce or tamari (GF option)
- Juice of 1 lime
- 2 TBS. honey
- 1 TBS dijon mustard
- 4 (4-oz.) salmon fillets

Quick Pickled Cucumbers

- ½ cup rice vinegar or rice wine vinegar
- 1 TBS. honey
- 1 TSP kosher salt
- 1 TSP toasted sesame oil
- 3 persian cucumbers, thinly sliced

Spicy Mayo

- ½ cup Primal Kitchen mayonnaise
- 2 TBS sriracha
- 2 TSP toasted sesame oil

Bowls

- 4 cups cooked rice
- 1 avocado, thinly sliced
- 1 medium carrot, finely grated
- ½ red onion, thinly sliced
- Torn fresh cilantro leaves and toasted sesame seeds, for serving

METHOD:

- In a medium bowl, whisk garlic, soy sauce, olive or avocado oil, chili garlic sauce, lime juice, honey, and garlic. Add salmon and gently toss to combine. Let sit in fridge while you do the rest.
- For the pickled cucumbers; Heat vinegar, honey, and salt until dissolved, about 2 minutes. In a small/medium heat-proof bowl pour the mixture over the cucumbers, add the sesame oil and stir to combine. Cover with a tight lid and let sit shaking occasionally.
- For the may; Stir mayonnaise, Sriracha, and sesame oil together in a small bowl. Add water 1 TBS at a time to thin if needed.
- Divide rice among bowls. Top with salmon, pickled cucumbers, avocado, carrot, onion, cilantro, and sesame seeds. Drizzle with spicy mayo.

NOTES:

- There is some controversy about sesame oil as it is technically a seed oil. I would strongly encourage you to get **unrefined and organic sesame seed oil**. It is such a small amount and the dish changes without it (I tried). So I use it but feel free to opt for avocado oil for a healthier anti-inflammatory choice.
- **Serves 4**