

■ Asian-Style Salmon Bowl (Quick Weeknight Version)

Total Time: 25–30 minutes

Ingredients (2 servings)

- 1 **Base:** 1 cup cooked rice (white, jasmine, or brown)
- 2 Optional: add a drizzle of sesame oil or rice vinegar.
- 3 **Protein:** 2 salmon fillets (4 oz each) or tofu/chickpeas for vegetarian option.
- 4 **Vegetables:** 1 cup edamame or chickpeas, 1 cup roasted vegetables (cauliflower, carrots, brussels sprouts, or sweet potatoes), 1 handful spinach, ½ cup cherry tomatoes.
- 5 **Sauce:** 2 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp rice vinegar or lime juice, 1 tsp honey/maple syrup, 1 tsp grated ginger, ½ tsp garlic, optional sriracha/chili flakes.
- 6 **Toppings:** 1 egg (optional), green onions, sesame seeds, sriracha mayo, optional avocado or peanuts.

Directions

- 1 Roast or sauté veggies: Toss cauliflower, carrots, or brussels sprouts in oil and roast at 400°F for 15–20 min. Steam or microwave spinach and edamame for speed.
- 2 Cook the rice: Prepare or reheat rice. Add sesame oil or rice vinegar for fragrance.
- 3 Cook the salmon: Sear salmon in a hot pan 3–4 minutes per side, brushing with sauce near the end. For tofu/chickpeas, pan-fry until crisp and toss in sauce.
- 4 Make the sauce: Whisk soy sauce, sesame oil, rice vinegar, honey, ginger, and garlic. Adjust with chili or vinegar to taste.
- 5 Assemble the bowl: Layer rice → veggies → salmon → sauce → egg and toppings. Finish with sesame seeds and green onions.

Meal Prep / Quick Night Tips

- 1 Roast a big batch of veggies and salmon early in the week.
- 2 Double the sauce and store it in a jar for tofu, noodles, or salads.
- 3 Use microwave rice packets on busy nights.