

Mood & Meals

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JapaneseDinnerRiceQuick & Easy

Recipe

Prep time: 5-10 minutes

Cooking time: 5-10 minutes

Servings: 2

Ingredients

- 2 cups cooked brown rice
- 2 salmon fillets
- 1 cup steamed edamame
- 1 avocado, sliced
- 1 cup shredded carrots
- 2 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tbsp sesame seeds
- 2 green onions, chopped

Instructions

- Heat sesame oil in a pan over medium heat. Cook the salmon fillets for 4–5 minutes on each side or until fully cooked. Drizzle with 1 tbsp soy sauce while cooking.
- Steam the edamame and shred the carrots.
- Divide the cooked rice between two bowls. Top with the salmon, edamame, avocado slices, and carrots.
- Drizzle with the remaining soy sauce, sprinkle with sesame seeds, and garnish with green onions.
- Serve warm and enjoy!

Mental Health Connection

Learn how Japanese ingredients like salmon, avocado, and edamame can support your energy levels and emotional well-being.

Learn more

Nutritional Info

Unlock

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50 mins

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50 mins

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50 mins

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Nutritional Info

Protein: 30–35g

Calories: 450–500 kcal

Carbs: 40–45g

Fats: 18–22g

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