

GLAZED SALMON SUSHI BOWL

PREP 10 MIN COOK 10 MIN



You'll love the sweet 'n' savory glaze on this salmon. And if you're pushed for time, you'll love the fact this protein-rich dinner comes together in just 20 minutes! You can add in any other veggies, or try the recipe using tofu, chicken or white fish.

DF EF GF NF

INGREDIENTS

3 tsp miso paste

3 tsp maple syrup (honey or rice malt syrup)

3 tsp soy sauce (or tamari if gluten free)

500g salmon fillets *2 x 250g*

1 continental cucumber *roughly chopped*

salt & pepper, to taste

1 tbs lemon juice

1 tsp sesame seeds *toasted*

2 cups (320g) pre-cooked brown rice *cooked according to packet directions*

METHOD

This method is based on 2 servings

1 Preheat oven to 200°C and line a baking tray with baking paper.

2 Whisk together miso, maple syrup and soy sauce until combined.

3 Place salmon on tray and brush with miso dressing. Bake for 8-10 minutes, basting halfway through cooking, until just cooked.

4 Season cucumber with salt and toss with lemon juice and sesame seeds.

5 Divide rice and cucumber salad between serving plates, add salmon, season to taste and scatter over spring onions to serve.

NUTRITIONAL INFORMATION

Based on 1 serving

<i>Energy (kJ)</i>	<i>Energy (cals)</i>	<i>Protein</i>	<i>Fat</i>
3525	842	62g	38.6g
<i>Sat. Fat</i>	<i>Carbs</i>	<i>Sugar</i>	<i>Fiber</i>
7.6g	59.1g	8.3g	4.5g

