

Salmon Rice Bowl
RECIPE

Salmon Rice Bowl



<?xml version="1.0"?>

TIME

15 minutes

INGREDIENTS

10 items

MAKES

4 servings

Packed with color, flavor and texture, this easy salmon dish makes for a stunning, balanced lunch or dinner. And don't forget to share this beauty of a bowl on social media!

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INGREDIENTS

- 1 bunch asparagus spears, trimmed
- 8 oz salmon fillet
- 1/4 cup rice wine vinegar
- 3 tbsp sesame oil
- 2 tbsp soy sauce

- 2 pouches (8.8 oz each) Ben's Original™ Ready Rice™ Whole Grain Brown Rice
- 1 cup halved cherry tomatoes
- 2 green onions, sliced
- 1 large sheet toasted nori (seaweed), torn into smaller pieces
- 4 tsp toasted sesame seeds, for garnish (optional)

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Whole Grain Brown Rice

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INSTRUCTIONS

- 1
Preheat oven to 425F. Line baking sheet with parchment paper.
- 2
Arrange asparagus and salmon in single layer on baking sheet.
- 3
Combine vinegar, sesame oil and soy sauce in small bowl. Pour half the vinegar mixture over salmon and asparagus; toss gently to coat.
- 4
Bake for 10 to 12 minutes or until salmon is cooked through and flakes easily, and asparagus is tender.
- 5
Meanwhile, prepare rice according to package instructions.
- 6
Transfer rice to large bowl and toss with remaining vinegar mixture. Divide evenly among 4 bowls.
- 7
Flake salmon and evenly divide among bowls. Top with asparagus, tomatoes, green onions and nori. Garnish with sesame seeds if desired.
- *
Tip: No salmon? No problem! Substitute with drained canned tuna and add in Step 7.

NUTRITION

- CALORIES: 390
- TOTAL FAT: 17g
- SATURATED FAT: 2.5g
- TRANS FAT: 0g
- SODIUM: 490mg
- TOTAL CARBOHYDRATES: 41g
- DIETARY FIBER: 2g
- TOTAL SUGARS: 3g
- PROTEIN: 18g

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Cooking time

20

Ingredients

10 items

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Cooking time

35 Minutes

Ingredients

10 items

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[Classic Shrimp Fried Rice](#)

Cooking time

15 minutes

Ingredients

9 items

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[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

[SEE DETAILS](#)

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