Salmon Rice Bowl
RECIPE

Salmon Rice Bowl

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!

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)

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.
8. 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

More Recipes Like This



Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items



Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items



Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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