

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! SHARE

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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

SEE DETAILS

Buy now

INSTRUCTIONS

1. 1

Preheat oven to 425F. Line baking sheet with parchment paper.

2. 2

Arrange asparagus and salmon in single layer on baking sheet.

3. 3

Combine vinegar, sesame oil and soy sauce in small bowl. Pour half the vinegar mixture over salmon and asparagus; toss gently to coat.

4.4

Bake for 10 to 12 minutes or until salmon is cooked through and flakes easily, and asparagus is tender.

5. 5

Meanwhile, prepare rice according to package instructions.

6.6

Transfer rice to large bowl and toss with remaining vinegar mixture. Divide evenly among 4 bowls.

7. 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: 390TOTAL FAT: 17g

• SATURATED FAT: 2.5g

TRANS FAT: 0gSODIUM: 490mg

• TOTAL CARBOHYDRATES: 41g

DIETARY FIBER: 2gTOTAL SUGARS: 3g

• PROTEIN: 18g

More Recipes Like This



Caribbean Style Wrap with Ben's Original™ 10 Medley

Cooking time

20

Ingredients

10 items

SEE DETAILS

×

Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

SEE DETAILS

×

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

SEE DETAILS



Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

SEE DETAILS

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