

Foodnity Recipes

Easy Salmon Bowl Recipe

Quick, healthy salmon bowl with fresh veggies and a flavorful sauce—perfect for a satisfying meal.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6 oz each), skin on
- [ ] 2 cups cooked short-grain rice
- [ ] 1 avocado, diced
- [ ] 1 cup shredded red cabbage
- [ ] 1 carrot, julienned
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tsp fresh ginger, grated
- [ ] 1 tsp lime juice
- [ ] 1 tbsp sesame oil
- [ ] 1 tsp sesame seeds

For the Glaze

- [ ] 3 tbsp low-sodium soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tsp grated ginger
- [ ] 1 tsp rice vinegar
- [ ] 1 tsp toasted sesame oil

Instructions

1. Pat the salmon dry, sprinkle lightly with salt, and place skin-side down in a hot skillet; cook 4-5 minutes until crisp, then flip and finish another 2 minutes.
2. While the salmon cooks, whisk together the glaze ingredients and set aside.
3. In a separate pan, quickly sauté the carrot and cabbage with a drizzle of sesame oil for 2 minutes—just enough to warm without losing crunch.
4. Assemble each bowl: start with a bed of rice, arrange salmon, avocado, sautéed veggies, and drizzle the glaze over everything. Finish with sesame seeds and a squeeze of lime.
5. Enjoy the bowl warm, taking a moment to savor the contrast of textures and the gentle aroma of ginger and sesame.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoky flavor, brush the salmon with a thin layer of maple syrup before searing.
- For extra crunch, toast the sesame seeds in a dry pan for 30 seconds.
- A quick side of pickled radish adds a bright acidic pop.