

Foodnity Recipes

Salmon Crispy Rice Recipe

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 cups day-old cooked rice
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp grated ginger
- [ ] 2 green onions, thinly sliced
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Sesame seeds
- [ ] Fresh cilantro leaves

Instructions

1. Pat the salmon dry, season both sides with salt, pepper, and a light drizzle of lemon juice.
2. Heat 1 tbsp olive oil in a large non-stick skillet over medium-high heat. Add the rice, spreading it in an even layer, and let it sit without stirring for 3-4 minutes until the bottom turns golden.
3. Flip the rice, drizzle the soy sauce, and stir gently to coat. Cook another 2 minutes, then push the rice to the side of the pan.
4. Add the remaining 1 tbsp oil to the cleared space, place the salmon skin-side down, and cook 4-5 minutes until the skin is crisp. Flip and cook another 3 minutes, then add grated ginger and lemon juice, letting the flavors mingle.
5. Mix the salmon gently into the rice, sprinkle green onions, sesame seeds, and cilantro if using. Serve hot, feeling the crackle under the tender fish.

Nutrition per serving

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

Tips & notes

- If the rice sticks, add a splash more oil and let it sit a moment longer.
- Let the salmon rest briefly after cooking to retain its juices.
- Feel free to swap soy sauce for coconut aminos for a lighter taste.