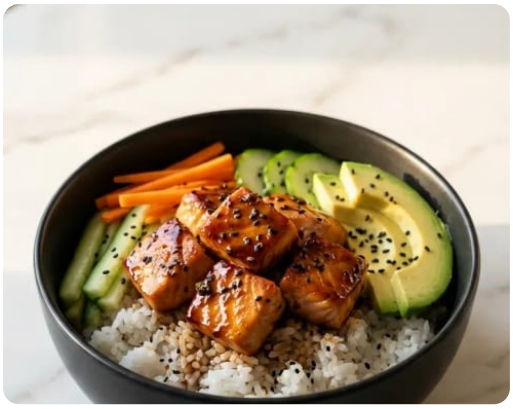

Foodnity Recipes

Teriyaki Salmon Sushi Bowl

20 min Prep time	**15 min** Cook time	**35 min** Total time
2 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 2 salmon fillets (about 6 oz each)
- [ ] 1 cup short-grain sushi rice
- [ ] 1 ¼ cup water
- [ ] 2 tbsp rice-vinegar
- [ ] 1 tsp sugar
- [ ] ½ tsp salt
- [ ] 1 cucumber, thinly sliced
- [ ] 1 carrot, julienned
- [ ] ½ avocado, sliced

Teriyaki Glaze

- [ ] ¼ cup soy sauce
- [ ] 2 tbsp mirin
- [ ] 1 tbsp honey
- [ ] 1 tsp grated fresh ginger
- [ ] 1 tsp lime juice
- [ ] 1 tsp sesame oil

Finishing Touches

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 green onions, chopped
- [ ] Lime wedges for serving

Instructions

1. Rinse the rice under cold water until the water runs clear, then combine with water in a saucepan; bring to a boil, cover, and simmer 12 minutes.
2. While rice cooks, whisk together soy sauce, mirin, honey, ginger, lime juice, and sesame oil in a small pan; simmer 3-4 minutes until slightly thick.
3. Pat the salmon dry, season lightly with salt, then brush both sides with half of the teriyaki glaze.
4. Heat a non-stick skillet over medium-high heat, add a drizzle of oil, and sear salmon skin-side down 3-4 minutes, flip, and finish with remaining glaze for another 2-3 minutes.
5. Fluff the cooked rice, stir in the rice-vinegar mixture, and divide among two bowls.
6. Arrange salmon atop the rice, then fan out cucumber, carrot, and avocado around the fish.
7. Garnish with sesame seeds, green onions, and a wedge of lime; serve immediately.

Nutrition per serving

420 kcal	28 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smokier flavor, finish the salmon under the broiler for 1-2 minutes.
- Use a bamboo mat to press the salmon lightly after glazing for an even coat.
- For extra crunch, toss the cucumber in a pinch of salt for 5 minutes, then rinse.