



10-Minute Salmon Rice Bowl

This salmon rice bowl makes for a quick, tasty dinner. Instant brown rice (or quinoa), canned salmon, veggies, and aioli with optional sriracha are all you'll need for this flavorful 10-minute meal. You'll want to make this a staple for weekly meal prep.

Cooking level: **Beginner**

Contains: fish, soybeans

Servings:
2 bowls

Prep time:
10 minutes

Total time:
10 minutes



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What you'll need

- 2 small mixing bowls
- Whisk

Ingredients

- 1 cup microwavable brown rice (or quinoa*)
- One 5-oz. can wild salmon, drained
- 2 tbsp. mayonnaise
- 2 tsp. sriracha* (optional)
- 1½ tsp. liquid aminos
- 1 tsp. rice vinegar
- 2 tsp. jarred minced ginger
- Dash crushed red pepper* (optional)
- ½ ripe medium avocado, chopped and divided
- 1 cup Persian cucumbers cut into small cubes, divided
- 1 oz package of nori sheets (dried seaweed)

*Important note: Quinoa and spicy foods may be triggering during flare-ups.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

Cooking steps

- 1** Cook **1 cup microwavable brown rice** according to package directions.
- 2** Open and drain the **5-oz. can of wild salmon**.
- 3** Mix **2 tbsp. mayonnaise** and **2 tsp. sriracha** (optional) in a small bowl and set aside. Whisk **1½ tsp. liquid aminos**, **1 tsp. rice vinegar**, **2 tsp. minced ginger**, and a **dash of crushed red pepper** (optional) in another small bowl and set aside.
- 4** Divide the rice or quinoa between 2 bowls. Top each with **2½ oz. salmon**, **¼ chopped avocado**, and **½ cup cucumbers**. Drizzle with the liquid aminos mixture and the mayonnaise mixture. Mix if desired, and serve with **nori**.



Nutritional info

10-Minute Salmon Rice Bowl (1 bowl)	
Calories	461
Total fat	22 g
Saturated fat	3 g
Cholesterol	44 mg
Sodium	678 mg
Carbohydrate	44 g
Fiber	5 g
Sugar	1 g
Protein	23 g