

Healthy Teriyaki Salmon Bowls with Cauliflower Fried Rice

INGREDIENTS

For the teriyaki salmon:

- (4) 4 oz salmon portions
- 1/2 cup teriyaki sauce or marinade
- 1 tablespoon soy sauce
- 1 tablespoon chopped garlic
- 1 teaspoon red pepper flakes

For the cauliflower fried rice:

- 4 cups riced cauliflower
- 3 tablespoons extra virgin olive oil
- 1 tablespoon chopped garlic
- 1.5 cups shelled edamame
- 1 cup matchstick-cut carrots
- 3 tablespoons soy sauce
- 1/4 cup chopped green onion

INSTRUCTIONS

For the teriyaki salmon:

1. Preheat your oven to 400 degrees. In a small bowl, whisk together the teriyaki sauce, soy sauce, garlic, and red pepper flakes. Line a baking sheet with parchment paper and evenly place the salmon portions on the prepared baking sheet.
2. Evenly coat each salmon portion with the prepared teriyaki sauce, saving about 1/3 of it for basting while the salmon is baking. Bake the salmon for about 5 minutes, baste with the remaining teriyaki sauce and then bake for another 10 minutes more or until the salmon is cooked through.

For the cauliflower fried rice:

1. While the salmon is baking, heat the olive oil in a large skillet over medium-high heat. Add in the garlic and sauté until fragrant, about 30 seconds. Add in the riced cauliflower and sauté for several minutes. Add in the edamame and carrots and stir to combine. Sauté for several minutes more.
2. Add in the soy sauce and chopped green onion and toss to combine. Sauté for a couple of minutes more, or until the vegetables are heated and cooked through.

Serve the salmon over a bed of the cauliflower rice, garnish with desired toppings such as green onion, soft boiled eggs, or crispy wontons. Enjoy!