



SALMON BOWL

salmon bowl

Ingredients

- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tsp sesame seeds
- 2 salmon fillets
- 250g cooked rice
- 1/4 red cabbage (shredded)
- 8 radishes (sliced)
- 1 carrot (sliced)
- 1 medium avocado (sliced)
- 120g shelled edamame beans

Method

Heat the oven to 190C. Mix the soy sauce, honey and sesame seeds until fully combined. Place the salmon fillets onto a baking tray and pour over the sauce. Place in the oven for ~20mins.

Meanwhile, prepare the rest of the meal by arranging your bowl how you like! Once the salmon is cooked, serve on top and enjoy!

2
SERVES

30
MINUTES

NUTRITION
/ SERVING

730
KCAL

70g
C

36g
P

33g
F