

# Teriyaki Salmon and Rice Bowl Recipe

Total time **150 mins** 15 mins preparation time **120 mins** marinating time **15 mins** cooking time

## INGREDIENTS

2 portion(s)

<b>2</b>	salmon fillets approx 200 g
<b>8 tbsp</b>	<u>Kikkoman Teriyaki Sauce with Toasted Sesame</u>
<b>1</b>	courgette, sliced into rounds
<b>120 g</b>	brown rice, cooked according to packet instructions
<b>1</b>	avocado, peeled and sliced
<b>200 g</b>	leaf spinach
<b>2</b>	small peppers
<b>3</b>	celery sticks, sliced into 1 cm pieces
<b>75 g</b>	cherry tomatoes, halved salt & pepper olive oil

## PREPARATION

### Step 1

Cover the salmon fillets in the teriyaki sauce and put them in the fridge for a couple of hours to marinate.

### Step 2

Preheat oven to 180C. Put the salmon and sauce into a baking pan, ensuring each fillet is evenly coated with the teriyaki sauce. Cook for 12-15 minutes or until cooked to your liking.

### Step 3

While the salmon is cooking, fry the celery, pepper and courgette in the olive oil for about 5 minutes until slightly softened. Season with pepper.

### Step 4

Blanch the leaf spinach in hot water briefly and drain.

### Step 5

Divide the hot cooked rice into two bowls, add the lightly fried vegetables and spinach. Top with the salmon, followed by the avocado slices and cherry tomatoes. Squeeze over a wedge of lemon and serve.