KIKKOMAN

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)

2	salmon fillets approx 200 g
8 tbsp	Kikkoman Teriyaki Wok Sauce with Toasted Sesame
1	courgette, sliced into rounds
120 g	brown rice, cooked according to packet instructions
1	avocado, peeled and sliced
200 g	leaf spinach
2	small peppers
3	celery sticks, sliced into 1 cm pieces
75 g	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.