



Healthy Tasty Salmon Rice Bowl

Oscar · 28/09/2024



Prep Time

32 mins

Difficult

Medium

Servings

1

Description

I love salmons and an advocate of healthy eating and quick cooking In one bowl I can uptake many nutrients at once and change the way kale can be served

Ingredients

- - ½ pound salmon
- cut into chunks - ½ cup thinly sliced kale
- or to taste - 2 green onions
- chopped - 1 (1/2 inch) piece fresh ginger
- thinly sliced
- or to taste - 1 tablespoon water
- or more if needed - salt and ground black pepper to taste - 1 cup cooked rice
- or to taste - 1 sheet seaweed
- torn into small pieces - ½ teaspoon toasted sesame oil
- or to taste

Instructions

1. Combine salmon
2. kale
3. green onions
4. and ginger in a saucepan; add water and turn heat to medium-high. Bring liquid to a boil; reduce heat and simmer until salmon flakes easily with a fork
5. about 10 minutes. Add more water if needed. Season salmon with salt and pepper. Stir rice into salmon mixture; cook until heated through
6. 2 to 3 minutes. Remove saucepan from heat. Stir seaweed into mixture and top with sesame oil. Cook's Notes: Salmon has its own oil
7. but may also add some olive oil if like. Short grain rice cooked with a rice cooker is recommended. Pre-cook the rice a day earlier and store in the fridge is also recommended.