

Salmon Rice Bowl

A totally terrific and tasty rice bowl to tantalize your taste buds is on tap to top off the workweek. (That is as far as I'll go with the alliteration assault.)

Use leftover rice, salmon and broccoli to make this quick meal to satisfy your hunger. It's dressed with a delicious cilantro/lime dressing.

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

This is a super easy meal to assemble once you've prepped and organized your ingredients.

Salmon Rice Bowl

4-6 oz. leftover cooked salmon
8 leaves red or green leaf lettuce
1 C. cucumber (peeled and chopped)
1 C. cabbage (thinly sliced)
1/2 C. fennel (thin-sliced)

1 C. leftover steamed broccoli
1 C. leftover rice
8 cherry tomatoes (halved)

Cilantro/Lime Dressing

1/3 C. washed Cilantro leaves and stems
1/2 tsp. Asian garlic pepper sauce
1 T. fresh lime juice
1/2 clove garlic (peeled)
1/4 C. extra-virgin olive oil
1 tsp. creamy peanut butter
1 tsp. sesame oil
1 tsp. low-sodium soy sauce
1/3 C. low-sodium vegetable broth

First thing...
Preheat oven to 220°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

There's no real cooking to be done tonight. It's all about warming. Warmed fish, broccoli, rice and dressing is what it takes.

Salmon Rice Bowl

1. Wrap cooked, leftover salmon in foil and warm 15 minutes in a 220° oven.
2. Break washed lettuce leaves and place in large bowl with chopped cucumber.
3. Add thin-sliced cabbage and fennel and toss well.
4. Divide lettuce, cabbage and fennel mixture between two large plates or large flat serving bowls.
5. Warm leftover broccoli 40-seconds in microwave and divide between bowls.
6. Warm rice 40-seconds in microwave. Divide between bowls.
7. Break warmed salmon into small pieces and divide between bowls.
8. Top with chopped tomato.

Cilantro Lime Dressing

Blend all dressing ingredients in a food processor.

Transfer to a small serving pitcher and warm 30 seconds in microwave before serving.

Serve

Place warmed dressing and rice bowls on the table and allow diners to dress bowls themselves.

What I've Learned from this Recipe

Here's another example of making evening meal preparation easier by cooking extra items earlier in the week. I call it leftovers with a plan.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com