

Teriyaki Salmon Rice Bowl

Quick and delicious describe the Teriyaki Salmon Rice Bowl on the menu tonight. If you don't have leftover rice, cook some bulgur (recipe below).

Most of this meal comes from planned leftovers. If you don't have leftover cooked salmon, pick up about 6 oz. of cooked salmon at your local deli. If necessary, make your own savory and sweet teriyaki sauce from the recipe provided. Teriyaki sauce keeps for quite awhile in the fridge. You can also freeze it. **Preparation time: 30 minutes - Serves: 2**

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls before you start preparing this meal.

Bulgur and Salmon

1/3 C. bulgur
2/3 C. water

Salmon:

4-6 oz. leftover baked salmon
- tossed with -
1/4 C. teriyaki sauce

Teriyaki Sauce

2 tsp. sesame oil
2 cloves garlic (smashed and chopped)
3 slices yellow onion (finely chopped)
1/3 C. low-sodium soy sauce
1/2 tsp. Asian garlic pepper sauce
1/2 C. low-sodium veggie broth
1 C. orange juice
3/4 C. firmly packed brown sugar
1/4 C. rice wine vinegar
1 tsp. fresh grated ginger

1 T. cornstarch
plus
1/3 C. water

juice from 1/2 lime

Rice Bowl

6-8 leaves red or green leaf lettuce (washed and dried)
1 C. cucumber (peeled and chopped)
3/4 C. Napa cabbage (very thinly sliced)
2/3 C. fresh fennel (thin sliced)
2/3 C. red bell pepper (thin sliced)
1 green onion (chopped)

Dressing:

1 tsp. sesame oil
1 T. low-sodium vegetable broth
1 T. lime juice

Final Additions:

1/2 C. frozen peas
1 C. leftover rice or bulgur
1/2 C. teriyaki sauce
1 C. tomatoes (chopped)
or 8 cherry tomatoes (halved)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you don't have leftover cooked rice, start by putting either rice or bulgur on to cook using a small saucepan. If cooking rice, bring ingredients to a boil, reduce heat to medium-low, cover and cook for 25 minutes. If cooking bulgur, bring bulgur, water and salt to a boil. Cover, turn off heat and let stand for 20 minutes.

Salmon

Wrap leftover baked salmon in foil and place on an oven-safe plate in a 200 degree oven for 15 minutes. Set a timer.

Before Serving:

Break warmed salmon into pieces, remove bones and skin. Toss with 1/4 C. of the teriyaki sauce.

Teriyaki Sauce

1. Place oil, garlic and onion in a deep saucepan. Sauté until onion begins to turn translucent.
2. Add all other ingredients except cornstarch mixture and lime juice. Bring to a boil. Reduce heat to medium and cook, uncovered, for 5-minutes.
3. Thicken with cornstarch mixture and cook another 5-minutes over low heat.
4. After cooking for 5 minutes, remove from heat and squeeze in lime juice. Remove from heat.
5. Store unused sauce in a container with a tight-fitting lid. Store in fridge or freeze.

Rice Bowl

1. Break up large lettuce leaves and divide between individual pasta bowls or dinner plates.
2. Top with cucumber, cabbage, fennel, red bell pepper and green onions.
3. Dressing: Mix oil, broth and lime juice in a small bowl. Divide oil mixture between both salads. Toss lightly.
4. Final Additions: Place 1/4 C. water in a small bowl with frozen peas. Cover and warm peas 1-1/2 minutes in microwave. Toss well and set aside.
5. Warm 1 C. leftover rice in microwave (1 minute on high), or use 1 C. freshly cooked bulgur. Divide rice or bulgur over lettuce mixture.
6. Distribute teriyaki-coated salmon pieces over each rice bowl.
7. Divide tomatoes between bowls. Drizzle another 1/4 C. teriyaki sauce over each serving.

What I've Learned from this Recipe

Rice bowls are a terrific way to use any number of leftovers. Use different sauces to create variety. They're simple to assemble and work well with leftover fish, chicken, and leftover stir-fries.

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