

Teriyaki Salmon and Avocado Bowl with Pickled Radishes

Recipe By Sarah Walker Caron



Cooking and Prep:  30
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Pescetarian

Cuisines: Asian

On a trip to Boston over the winter, my kids and I picked up sushi bowls at Boston Public Market to enjoy while we waited for the bus home to leave. They were an absolute delight with a variety of flavors and textures. And that's what inspired this dish. Creamy avocado, tangy pickled radishes, and a sweet teriyaki salmon glaze come together in this rice bowl for a satisfying and delicious dinner.

Per Serving: calories 489; Total fat 18 grams, Saturated Fat 3 grams, Cholesterol 62 milligrams, Sodium 754 milligrams, Carbohydrates 50 grams, Fiber 6 grams, Protein 30 grams

Ingredients (9)

Main ingredients

- 1/2 cup (about 4–5) thinly sliced radishes
- 6 teaspoons seasoned rice vinegar, divided

- 1 pound salmon, cut into 4 (4-ounce) fillets
- salt
- ground Gefen Black Pepper
- 1/4 cup Haddar Teriyaki Sauce
- 4 cups cooked rice
- 2 avocados, peeled, pitted, and thinly sliced

Sommelier Suggests

- Carmel Appellation Gewurztraminer
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Start Cooking

For the Pickled Radishes

1. In a small mixing bowl, stir together the radishes and two teaspoons of rice vinegar. Season lightly with salt. Let sit, stirring a few times, for at least 20 minutes.

Tip:
Want perfect, thin radish slices? It's easy if you have the right tools. A mandoline is a cutting tool that makes quick work of slicing the radishes extra thin.

For the Salmon

1. Preheat the oven to 400 degrees Fahrenheit.
2. Arrange the salmon fillets on a baking sheet. Season liberally with salt and pepper. Bake for 10 to 12 minutes, until opaque. Remove from the oven and brush thoroughly with the teriyaki sauce. Return to the oven and cook for an additional five to six minutes, until cooked through.

Assemble

1. Divide the rice evenly among four bowls. Drizzle each with one teaspoon of the remaining rice vinegar, and season with salt. Top with one-quarter of the avocado and one-quarter of the pickled radishes.
2. Using a fork, flake the salmon fillets one at a time, transferring the salmon from each fillet to

one of the prepared rice bowls, and serve.

Note:

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Fiber 6G; Protein 30G

About

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