SALMON AND BROCCOLI RICE BOWL

Raw or cooked, broccoli is a nutrient rich vegetable packed with vitamins, minerals and fiber.

Steaming or roasting tends to preserve the most nutrients and flavour but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibers making it easier to chew and digest. Nutrient rich and low in fat broccoli can be a healthy, low calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in refrigerator and wash only when you plan to use it.

Create your own stir fry sauce or use a store bought one as shown in this simple and easy to prepare SALMON AND BROCCOLI RICE BOWL recipe below.

PREP TIME: 15 min **COOK TIME:** 20 min **SERVINGS:** 2

INGREDIENTS:

- 2 fillets of Salmon (4 ozs each)
- ¼ tsp salt
- ½ tsp black pepper
- 1 tbsp olive oil
- 2 tsps black sesame seeds
- 1 crown of broccoli sliced
- 1/2 cup store bought stirfry sauce
- ½ tsp crushed garlic
- ½ tsp crushed ginger
- 1 tbsp sesame seed oil
- 2 cups cooked white, brown or black rice
- ½ avocado sliced

DIRECTION:

Pre heat oven to 400 degrees Fahrenheit.

Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets and sprinkle the salt and pepper and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds and cut into small chunks.

Heat 1 tbsp of sesame oil in a skillet, add the broccoli florets and saute on medium heat for 3 – 4 minutes.

Next add the garlic, ginger and stirfry sauce and continue to saute until broccoli is tender.

To serve divide the rice in two bowls and top with salmon pieces, broccoli, sliced avocado and lemon wedges. Spoon additional stir fry sauce on the broccoli if desired.

Bon Apetit..

SALMON AND BROCCOLI RICE BOWL - JEN'S COOKING TIPS

Rice bowls are easy to prepare and assemble and offer a healthy and tasty week night option.

The best way to eat broccoli is half cooked to retain its nutrients. In addition to the florets the stalks are also full of fiber and nutrients.

Always choose broccoli with tightly closed bright green buds and crisp, dark green leaves. Yellow or brown florets and soft stalks are signs of spoilage.

Fresh broccoli can be placed in a loose bag and stored in the crisper in the refrigerator for 2 - 3 days.

Stir frying is a great way to cook broccoli as it is simple and quick and uses very little fat. Make sure to slice the broccoli into bite size pieces to ensure even cooking.

You can substitute fresh broccoli with frozen broccoli but fresh broccoli will always taste better in a stirfry.

YOU WILL NEED:

Broccoli

Salmon fillets

Olive oil

Black sesame seeds

Stirfry sauce

Garlic

Ginger

Sesame seed oil

Avocado

Cooked white, brown or black rice