

LUNCH

Teriyaki Salmon Buddha Bowl

Serves 2

Salmon Bowls:

- 2 salmon filets
- 120g cooked quinoa
- 60g shelled edamame, fresh or frozen
- 1/2 head of medium broccoli
- 60g grated carrot
- 60 g cucumber diced
- 1 tsp sesame seeds
- 1/2 avocado
- 1 tsp apple cider vinegar

Teriyaki Sauce:

- 1 tsp corn flour
- 2 tbsp water
- 2 tbsp soy sauce
- 2 tbsp fresh orange juice
- ½ tbsp rice vinegar
- ½ tbsp honey
- ½ tsp sesame oil
- ½ tsp freshly grated ginger, very fine
- 1 large garlic clove, minced

Instructions

Prepare the Teriyaki Sauce:

- In a small saucepan, whisk together the cornflour and water until smooth.
- Add the soy sauce, orange juice, rice vinegar, honey, sesame oil, ginger, and garlic to the pan.
- Heat over medium heat, whisking continuously to prevent lumps. Once the mixture boils, reduce the heat to a simmer and keep whisking until the sauce thickens (approximately 2-3 minutes). Remove from heat.

Cook the Salmon:

- Preheat your oven to 180°C (350°F).
- Place the salmon fillets in an ovenproof dish and pour the prepared teriyaki sauce over them.
- Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Remove from the oven and let cool slightly.

Prepare the Vegetables:

- Grate the carrot and dice the cucumber. Combine in a bowl with the sesame seeds and apple cider vinegar. Toss to coat evenly.
- Steam the broccoli florets and edamame for 5-10 minutes, or until tender but still vibrant.

Assemble the Bowls:

- Divide the cooked quinoa between serving bowls.
- Arrange the steamed broccoli, edamame, grated carrot mixture, and sliced avocado around the bowl.
- Place the teriyaki salmon fillets on top.
- Optionally, drizzle any remaining teriyaki sauce over the bowls for extra flavor.