



Salmon and Broccoli Rice Bowl

Recipe By RENNIE CURRAN

SERVES: 2

INGREDIENTS:

- 1 to 1¼ lbs fresh salmon, cut into 2 portions
- 4 cups broccoli florets

- 1½ cups cooked rice
- 2 tbsp olive oil
- black pepper, to taste
- salt, to taste

GLAZE:

- 2 tbsp low-sodium soy sauce
- 1 tbsp honey

- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- juice of 1 lime

DIRECTIONS:

- 1. Preheat the oven to 425°F. Toss broccoli florets with olive oil, salt, and black pepper. Spread on a parchmentlined baking sheet and roast for 8 minutes.
- 2. In a small bowl, whisk together soy sauce, honey, garlic, ginger, and lime juice to make the glaze.
- 3. Remove the baking sheet from the oven and push the broccoli to the sides. Place the salmon portions in the center and brush generously with the glaze.
- 4. Return to the oven and roast for 10-12 minutes until the salmon flakes easily with a fork.
- 5. To assemble, divide the rice between two bowls. Top with roasted broccoli and a salmon portion. Drizzle any remaining glaze over the top and finish with a squeeze of fresh lime. Serve immediately.

Did you make this recipe?

Tag your picture (@inglesmarkets) and you might win a prize!

ingles

ingles-markets.com