



AULTCARE WELLNESS RECIPE

SALMON BOWL



Ingredients:

1 tsp olive oil

2 tsp finely chopped ginger

1 large garlic clove, finely chopped

1 pepper deseeded and finely chopped

2 frozen wild salmon fillets

1 cup cooked brown rice

2 Spring onions, finely sliced

1 small avocado, sliced

½ cucumber, halved lengthways and sliced

Chili sauce to serve (optional)

For the miso dressing:

4 Tbsp kefir

1 tsp white miso paste

1 tsp honey

Instructions:

Step 1:

Heat the oil in a large non-stick pan or deep frying pan with a lid over a medium heat and cook the ginger, garlic and pepper for 2 mins, covered. Stir, then put the salmon on top, cover again and cook for 5 mins until the fish is cooked through.

Step 2:

Meanwhile, mix the dressing ingredients together in a small bowl.

Step 3:

Stir the spring onions into the rice mixture along with half the dressing. Spoon into two bowls. Remove the skin from the salmon and flake the fish on top of the rice. Top with the pepper, avocado and cucumber, then drizzle over the remaining dressing and some chili sauce, if using.
