

Teriyaki Salmon Bowls with Ginger Sesame Greens & Coconut Rice



By [Ashley Alexander](#)

These flavour-packed bowls are the perfect choice for a quick and easy dinner. Plus, they're fantastic for cooking up in larger quantities if you're hosting a group. You can easily multiply the amount of salmon and bake it all at once in the oven.

SERVES 2 | **PREP TIME** 15 minutes | **COOK TIME** 20 minutes | **TOTAL TIME** 35 minutes

INGREDIENTS

Teriyaki salmon

- 1 tablespoon honey
- 2 tablespoons tamari or soy sauce
- 1 teaspoon mirin
- 1 teaspoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 clove fresh garlic, crushed or finely grated
- 1-inch piece of fresh ginger, finely grated
- 1 large salmon fillet, approximately 200g (substitute: chicken breast, chicken thigh, or firm tofu for a vegetarian option)

Ginger sesame greens

- 5 large handfuls of greens (I've used bok choy, gia lan (Chinese broccoli), and snow peas - feel free to use your fav green veg. Other delicious options - broccoli, broccolini, beans, baby spinach, etc.
- 2 cloves fresh garlic, crushed or finely grated

- 1-inch piece of fresh ginger, finely grated
- 2 tablespoons sesame oil
- 1 tablespoon tamari or soy sauce

Coconut rice

- 1 cup jasmine rice, rinsed thoroughly (it's important to rinse the rice, as this helps make it nice and fluffy)
- 1 tablespoon coconut oil
- Pinch of salt
- 1 1/4 cup boiling water

Toppings

- Toasted sesame seeds or black sesame seeds
- 4 spring onions, finely chopped
- Japanese mayonnaise for drizzling (optional)

METHOD

Teriyaki salmon

1. Preheat your oven to 180°C/350°F.
2. In a medium-sized bowl, combine the honey, tamari, mirin, rice wine vinegar, sesame oil, crushed garlic, and grated ginger.

3. Coat the salmon fillet (or chosen protein) with the sauce mixture.
4. Place the salmon and the combined sauce into a small paper-lined baking dish.
5. Bake for 15-20 minutes, adjusting time to desired doneness. For a crisp top, consider using the oven's oven+grill function or bake at 180°C/350°F for 15 minutes, then grill for 5 minutes, monitoring closely.
6. Remove from the oven once cooked.

Coconut rice

1. In a small saucepan, combine coconut oil, rinsed rice, and a pinch of salt.
2. Add boiling water, bring to a boil, then simmer on low heat with the lid on for 15 minutes.
3. DO NOT remove the lid at any time. We want all the steam trapped in the pot to create that perfectly fluffy rice.
4. Turn off the heat and let the rice sit for 3-5 minutes, then fluff with a fork.
5. Set aside.

Ginger sesame greens

1. While rice and salmon cook, heat a large saucepan with sesame oil, grated ginger, and garlic.
2. Add the greens and sauté on medium heat until vibrant and slightly wilted.
3. Add the tamari and stir to combine.

To assemble

1. Add a scoop of rice to each serving bowl, some salmon and surrounding leftover baked sauce, and arrange the ginger sesame greens.
2. Top with a sprinkle of sesame seeds, spring onions.
3. Optionally, drizzle Japanese mayonnaise on top.

NOTES

As for the greens, I've used a combination of bok choy, gai lan (Chinese broccoli), and snow peas. However, feel free to swap in your preferred green veggies. Broccoli, broccolini, beans, baby spinach, etc, would all work wonderfully.

If you're not a fan of salmon, you can switch it up with chicken breast or thigh, or even go vegetarian with firm tofu. Any of these options will taste delicious.

For those serving more than two people, just double or triple the quantities listed as needed.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/teriyaki-salmon-bowls-ginger-sesame-greens-coconut-rice>

Let me know if you make the recipe! x @gatherandfeast