Honey Garlic Salmon Rice Bowls

Glazed salmon pieces with garlic, ginger and soy, served over rice with crunchy cucumber.

Prep 15 min **Cook** 15 min **Serves** 4

Ingredients

- ☐ 1¼ lb (570 g) skinless salmon, cubed
- ☐ 3 tbsp low-sodium soy sauce
- ☐ 2 tbsp honey
- ☐ 2 garlic cloves, grated
- ☐ 1 tsp grated ginger
- ☐ 1 tbsp neutral oil
- ☐ 3 cups cooked rice
- ☐ 1 cucumber, sliced
- ☐ 2 scallions, thinly sliced
- ☐ Sesame seeds, optional



Spoon & Joy recipe illustration.

Before you start

Use cooked rice
The listed cooking time assumes the rice is already cooked. Starting from dry rice adds time; prepare it first or while you cut the fish.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Whisk soy sauce, honey, garlic and ginger into a sauce.

2. Pat salmon dry. Heat oil in a nonstick skillet over medium heat.

3. Cook salmon pieces about 2-3 minutes per side, turning carefully.

4. Add the sauce and simmer gently until glossy and the fish reaches 145°F (63°C).

5. Serve over rice with cucumber, scallions and sesame seeds.

Storage & making ahead

Refrigerate leftovers promptly for 3-4 days; reheat cooked fish and rice thoroughly to 165°F.

A useful variation For a plant-based variation try firm tofu. Watch the glaze carefully because honey browns quickly.

Read this recipe on Spoon & Joy