

Salmon Bowl

Phase 1



Ingredients:

Serving Size: 1 Prep Time: 20 min

- 1 tbsp tamari
- 1 tsp garlic powder
- 6 oz salmon

Salad

- ½ cup cooked cauliflower rice
- 1 cup shredded purple cabbage
- ½ English cucumber cut into slice

Spicy Dressing

- 1 tsp sesame oil
- 1 tsp hot sauce like Sriracha
- ½ lime, cut into wedges, juiced
- Optional-Walden farms Sesame Ginger Dressing
- 1 sprig green onion cut on an angle for garnish

Mix tamari and garlic powder together in a bowl. Place salmon in marinade and flip to coat meat side down. Refrigerate for up to 30 min or cook immediately.

Preheat the air fryer to 375 °F. Spray the air fryer insert with cooking oil spray. Remove salmon from the bowl, and let excess marinade drip off. Add salmon to the air fryer and cook for 8-10 minutes.

While the salmon cooks, whisk the dressing ingredients together. Place the cauli rice and cabbage in the bottom of a bowl. Top with slices of cucumber.

Remove the salmon from the air fryer and place it on top of the cabbage. Garnish with green onions. Drizzle over the dressing.