

## Salmon Bowl

### Phase 2



#### Ingredients:

Serving Size: 1    Prep Time: 20 min

- 1 tbsp tamari
- 1 tsp garlic powder
- 6-8oz salmon

#### Spicy Mayo Dressing

- 1 tbsp mayo
- 1 tsp sesame oil
- 1 tsp hot sauce
- ½ lime, cut into wedges, juiced
  
- 1 sprig green onion cut on an angle for garnish

#### Salad

- ½ cup cooked brown rice
- 1 cup shredded purple cabbage
- ¼ medium avocado, cut into slices
- ½ English cucumber cut into slice

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 rice and cabbage in the bottom of a bowl. Top with slices of avocado and cucumber.

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

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

**IDEAL**   
**PROTEIN**

POWERING *life* POSSIBLE