

CRISPY SOY, HONEY AND SESAME SALMON & RICE BOWLS

INGREDIENTS (SERVES 4)

- 4 medium skinless salmon fillets (approx 450g)

MARINADE

- 1 tablespoon oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame seeds
- 1 tablespoon of honey
- 1 teaspoon ground paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon chilli flakes (optional)
- 1 clove garlic (grated)

TO SERVE

- Serve on a bed of rice or other grain of your choice, with chopped veggies (such as edamame, green beans, broccoli, cucumber) and a wedge of lime.
- You can also top with some spicy sriracha mayo or teriyaki sauce.

METHOD

PREPARE FISH:

- Pat any excess moisture from the salmon fillet with paper towels and chop into one-inch cubes.

MAKE MARINADE:

- Combine all of the ingredients for the marinade (oil, soy sauce, sesame seeds, honey, paprika, garlic powder, chilli flakes if using, minced garlic).
- Marinate the salmon for at least 15 minutes in the refrigerator, or up to 24 hours if you have more time.

COOK FISH:

- Warm the air fryer for about 5 mins. Arrange the salmon cubes in one even layer in the air fryer basket and cook at 190 for 5 to 7 minutes. If they don't all fit in a single layer in your air fryer basket, cook them in batches. Alternatively they can be cooked on a lined baking sheet in a preheated oven (180 degrees celsius) for 8-10 minutes.

TO SERVE:

- Serve with lime, avocado, veggies and rice or your favourite grain.

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