Nourishing Salmon Teriyaki Bowl

Serves: 2

Prep time: 5 minutes Cook time: 14 minutes

INGREDIENTS:

2, 8 oz wild caught salmon fillets

1 bundle broccolini, ends trimmed off

1 lb brussels, sliced evenly

1 leek, white end only

Handful dandelion greens, chopped

Salt

Pepper

Garlic powder

Spicy kimchi

Nonstick spray

Teriyaki Glaze:

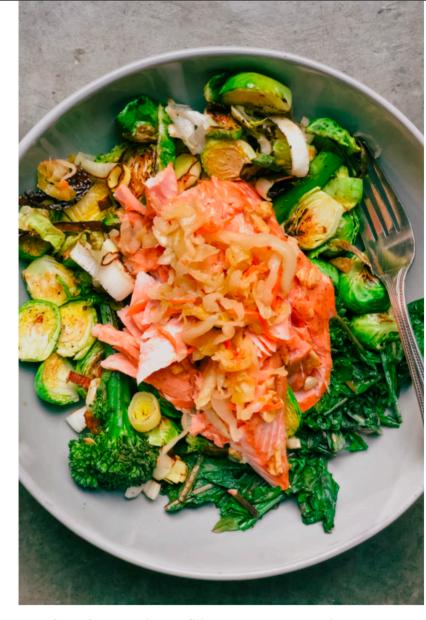
2 tbsp coconut aminos

1 tbsp pure maple syrup

1 tsp dijon mustard

1 tsp chili powder

1 clove garlic, minced



Serving size: 1 salmon fillet + 1 cup roasted veggies + 2 spoonfuls kimchi

INSTRUCTIONS:

- 1. Preheat the oven to 400 degree.
- 2. Chop the Brussels, broccolini and leeks. Spread them out evenly on a sheet pan. Spray the tops with nonstick spray and season with coconut aminos, pepper and garlic powder. Set aside.
- 3. Whisk together the glaze in a small bowl. On another sheet pan, add the salmon and smear the glaze evenly on top of both pieces.
- 4. Place both sheet pans into the oven for 12-14 minutes until veggies are lightly brown and salmon is cooked through test with fork.
- 5. While waiting, sauté the dandelion greens in a pan over medium heat. Season with salt and garlic powder and cook until wilted. Set aside.
- 6. Grab 2 serving bowls and divide up the roasted veggies, salmon and dandelion greens. Top with spicy kimchi and extra coconut aminos!