

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!