JAPANESE · LUNCH · DINNER

Teriyaki Salmon Rice Bowls with Bok Choy

35 min · Serves 5 · 719 kcal a serve · Video 7:25 · Chef Jack Ovens

Pescatarian · No dairy listed

Each bowl has about 40 g of protein and over 4 g of omega-3 fats from the salmon, plus vitamin C from the bok choy. The sauce is salty and adds about 10 g of sugar per bowl.

Diet notes: Low saturated fat (4.6 g, 6% of the energy); Gluten-free with a swap: Use tamari in place of both soy sauces and check the mirin label.

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Ingredients 17 · SERVES 5

- [ ] **Soy sauce**: 60 ml light soy sauce
- [ ] 40 ml **dark soy sauce**
- [ ] **Cooking wine**: 70 ml cooking sake
- [ ] 70 ml **mirin**
- [ ] 15 g (3 tsp) **sugar**
- [ ] 900 g **salmon fillets**, skin on or off, cut into large even chunks
- [ ] 1 tbsp (12 g) **cornflour**
- [ ] **sea salt flakes**, to taste (salmon, rice and greens)
- [ ] 1½ tbsp (30 ml) **peanut oil**, for the salmon
- [ ] 300 g **jasmine rice**, washed, cooked in 500 ml cold water
- [ ] 4 **kaffir lime leaves** (optional)
- [ ] 1 tbsp (20 ml) **peanut oil**, for the greens
- [ ] 600 g **pak choy** (bok choy), stems and leaves separated and chopped
- [ ] 1 **garlic** clove, finely grated
- [ ] 5 g **ginger**, finely grated
- [ ] 1 tsp (5 ml) **sesame oil**
- [ ] **spring onion**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Peanut, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the salmon into large, even chunks (or keep five whole fillets) and toss with the cornflour and a little salt. 0:14
2. For the teriyaki, put both soy sauces, the sake, mirin and sugar in a small pan. Bring to the boil, then simmer on low for 5 minutes. 1:20
3. Put the rice, 500 ml cold water, lime leaves and a pinch of salt in a saucepan. Bring to the boil, cover and cook on low 12 minutes, then rest off the heat with the lid on for 8 minutes. Remove the leaves and fluff. 2:05
4. Heat 1 tbsp oil in a pan and sauté the bok choy stems with a pinch of salt for 3–4 minutes. Add the leaves, garlic and ginger for 1 minute, then take off the heat and stir in the sesame oil. 2:41
5. Heat 1½ tbsp oil in a large pan over high heat and gently brown the salmon for about 2 minutes. Pour in the teriyaki and bubble 1–2 minutes until thick and glossy, turning the pieces carefully. 3:53
6. Divide the rice, greens and salmon between five containers and top with spring onion. 5:43

> **Tip** Cool 20 minutes before sealing. Keeps 4 days in the fridge or 3 months in the freezer; reheat in the microwave or a pan. He says vegetable or olive oil can replace the peanut oil, and broccoli and carrots the bok choy.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
719 kcal 3,010 kJ	40 g 81% of a day	67 g 65 g net · 12 g sugars 25% of a day

FIBRE	FAT	SODIUM
2.2 g 8% of a day	29 g 4.6 g saturated 37% of a day	1,770 mg 77% of a day

Energy from net carbs 39% · protein 23% · fat 38%

High in (20%+ of a day) Omega-3 264% · Vitamin B12 168% · Selenium 136% · Vitamin D 79% · Vitamin B6 73% · Vitamin C 67% · Vitamin K 55% · Vitamin E 46% · Vitamin A 42% · Folate 33% · Magnesium 25% · Potassium 22%

Source of (10–19%) Zinc 17% · Calcium 14% · Iron 12%

⚠ One serve has about 77% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=UIZNICAy7AI, published 14 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/teriyaki-salmon-meal-prep-bowls