

Buddha Bowls

Difficulty: Easy

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Ingredients

- 4 pieces of salmon (200g each) skin off
- 2 tablespoons miso paste
- 1 tablespoon brown sugar
- 2 tablespoons boiling water
- 1 teaspoon soy sauce
- 1 cup basmati rice, uncooked
- 1 cup vegetable stock (or water)
- 4 spring onions, finely sliced
- 1 tablespoon sesame seeds, lightly toasted
- 1 cup finely shredded cabbage
- 4 radishes, thinly sliced
- 2 large carrots, julienned
- Lemon wedge and coriander to serve



Buddha Bowls

Method

1. In a small bowl combine miso, brown sugar, boiling water and soy sauce.
2. Place the salmon in a small baking dish, pour over the marinade and set aside.
3. Wash the rice under cold water. Add the rice to a 4 cup capacity oven proof dish and pour over the stock (or water) and stir.
4. Place the rice dish in the steam oven at 100C and steam for 15 - 20 minutes, until rice is cooked.
5. When the rice has been cooking for 10 minutes, take your baking dish with the marinated salmon and place in the steam oven. Cook for 8 – 12 minutes based on your preference.
6. In the meantime, prepare the cabbage, carrot and radishes.
7. Remove the rice and salmon from the steam oven. Sprinkle the finely sliced spring onion and sesame seeds over the salmon.
8. Flake the salmon into large pieces using a fork.
9. Divide the rice between 4 bowls. Add the salmon, cabbage, radish, carrots and lemon wedge. Pour over the juices from the salmon.
10. Garnish with coriander and a lemon wedge.

