



## Honey-Lime Salmon Black Rice Bowl

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### Ingredients:

4-6 to 8 oz salmon filets  
4 tsp olive oil, divided  
1 bunch Bok choy, washed and thinly chopped  
1 cup Black Rice (Forbidden Rice), cooked according to package directions  
2-3 limes, juiced (about ¼ cup)  
¼ cup soy sauce  
2- 4 tbsp honey (depending on desired sweetness)  
1 cup frozen edamame, thawed  
¼ cup chopped cilantro  
4 sliced green onions  
1 Avocado, sliced  
Sriracha Sauce to garnish (optional)  
Kosher salt to taste

### Instructions:

1. Preheat oven to 375°.
2. In small mixing bowl, combine lime juice, soy sauce and honey. Whisk until well combined. Divide dressing in half.
3. Cook black rice according to package directions. (Suggest preparing prior to the meeting)
4. While rice is cooking, sprinkle each salmon filet with a generous amount of Kosher salt and fresh ground pepper. Drizzle each filet with 1 tsp olive oil.
5. Heat sauté pan over high heat. Place salmon in hot pan, skin side up. Sear salmon for 3 minutes. Flip salmon and drizzle each filet with half of the honey-lime dressing. Place pan in oven for 5-7 minutes, depending on desired doneness.
6. When rice and salmon are finished cooking, divide black rice, Bok choy, and edamame between four bowls. Top each bowl with one salmon filet. Drizzle each bowl with remaining honey-lime dressing.
7. Divide cilantro, green onion, and avocado between the four bowls for garnish. Drizzle with Sriracha sauce, if desired.