

Seaweed Pocket Salmon Bowls

When our 13 year old wants to cook -we listen! Inspired by Tic Tok this recipe is on a weekly rotation. Make your own bowl with the addition of roasted seaweed packets. Our favorite brand is

<https://www.gimmesnacks.com/pages/why-seaweed>

Cook salmon to your liking but included *is one way that we prepare the salmon for this meal. Can also grill or roast the salmon over high heat.

* If you have an airfryer, cooking the salmon pieces is next level in this kitchen appliance. Not necessary but I am a convert to this cooking gadget my husband bought.

Serves 4-6

Ingredients

- 1-1 ½ lbs salmon
- A couple tablespoons of either mayo or mustard
- A few teaspoons of “old bay seasoning” or a favorite seasoning mix of your own
- 4-6 cups cooked brown or white rice
- Handful of chopped chives
- 2 avocados, medium diced
- Shoyu or tamari to taste

Preparation

Preheat the oven to 400.

Cook rice

Cut the salmon into a couple long portions, this allows for crispy texture on multiple surfaces. With a pastry brush or knife, thinly cover the salmon with either the mayo or mustard. This allows the spice blend to better adhere. Generously coat the top of the salmon pieces with desired spice blend.

If cooking the salmon in the oven, depending upon thickness, check at 15 minutes.

Using two small prep bowls, set aside finely sliced chives and avocado(if preparing avocado in advance a few squeezes of limes will help keep fresh).

When the salmon is done, break it up into small pieces.

Mix salmon and rice together with the desired amount of shoyu or tamari. Top with avocado and chives.

Using the roasted seaweed as an envelope, stuff the rice/salmon mixture and enjoy in one yummy bite.

Tips:

Looking to add more veggies into this meal..small dice of roasted sweet potatoes or little broccoli florets or a small dice of sauteed mushrooms are good way to mix this recipe up.