

## Salmon Rice Bowl with Kale

This simple one pot meal is a nutrient powerhouse. Salmon contains high quality omega 3 fatty acids and kale is packed with a range of vitamins and minerals including vitamins A, C and K. When buying, look for kale with firm, deeply coloured leaves and hardy stems. This meal is also very portable so it can easily be packed in Tupperware for lunch or dinner on a busy day.

## Prep: 30 minutes • Total: 40 minutes

Ingredients:		
Salmon fillet (3.5 oz each)	4 each	4 each
Fresh ginger, minced	1 Tbsp	15 mL
Soy sauce	2 Tbsp	30 mL
Chilli garlic sauce (Samba Oelek)	1 Tbsp	15 mL
Fish sauce	2 tsp	10 mL
Sesame oil	3 Tbsp	45 mL
Brown rice, cooked	2 cups	500 mL
Kale, shredded	8 cups	2 L
Garlic, minced	1 clove	1 clove

## **Directions:**

- 1. Place fish in a large Ziploc bag or sealed container.
- 2. Add ginger, 1 Tbsp soy sauce, chili garlic sauce, fish sauce and 2 tsp sesame oil.
- 3. Mix and refrigerate for 30 minutes (or day before/morning of).
- 4. Cook rice according to instructions.
- 5. While the rice is cooking, chop the kale and garlic
- 6. Heat ½ Tbsp sesame oil on low heat. Add the garlic and kale and bring to medium heat until the kale becomes tender and shrinks down by half.
- 7. Remove kale from pan and set aside in a medium bowl, keep warm.
- 8. Using the hot pan from the kale, remove the salmon filets from marinade and pan sear on medium high for 4 minutes per side or until centre is no longer raw.
- 9. When rice is cooked stir in another ½ Tbsp of sesame oil and 1 Tbsp soy sauce.
- 10. Spoon rice into four bowls and top with kale and one salmon filet per bowl.

## **Nutrition Facts**

Serving Size (333g) Servings Per Container

Amount Per Servin	g	
Calories 390	Calories	from Fat 140
		% Daily Value*
Total Fat 16g		<b>25</b> %
Saturated Fa	at 2.5g	13%
Trans Fatg	1	
Cholesterol 50	)mg	17%
Sodium 600mg	9	25%
Total Carbohy	drate 38g	13%
Dietary Fiber	<sup>-</sup> 5g	20%
Sugars 0g		
Protein 26g		

Vitamin A%	<ul> <li>Vitamin C 270%</li> </ul>
Calcium 20%	• Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydra	ate	300g	375g		
Dietary Fiber		25g	30g		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4					

Adapted from:

NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 4 servings (333 g / serving) • 1 serving = 1 salmon filet, 1 cup kale and ½ cup rice

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScFN Foods & Nutrition student NutritionRx • Email: info@nutritonrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca