



## BBQ SALMON BOWL

4 portions

## INGREDIENTS

- 1 lbs. fresh salmon
- 2 tablespoons brown sugar
- 2 teaspoons smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/2 tsp chili powder
- 1/2 tsp kosher salt
- 2 mangoes-diced
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 1/4 cup minced cilantro
- 1/4 cup minced red onion
- minced jalapeño (optional, to taste)
- a squeeze of lime juice + a little lime zest
- salt to taste
- 1 tablespoon olive oil
- drizzle of honey
- 2 cups riced cauliflower

## COOKING METHOD

- 1° Mango salsa: Toss 2 mangoes, diced 1 avocado, diced 1/4 cup minced cilantro 1/4 cup minced red onion minced jalapeño (optional, to taste) a drizzle of honey a squeeze of lime juice + a little lime zest salt to taste in a bowl to combine. Taste, adjust, try not to eat the whole bowl. Get the oven ready: Preheat the oven to 475 degrees. Line a baking sheet with foil. Alternatively, you can set it to 500 degrees on the broil setting for medium rare with a yummy crispy top – the risk here is that you have to watch closely so it doesn't burn the sugar. If taking this route, make sure one of the oven racks is close-ish to the top, about 6 inches or so. Salmon: Mix the spices and the olive oil to make a paste. Place the salmon skin side down on the baking sheet. Rub the paste liberally over the top part of the salmon. Bake for 6-12 minutes depending on the thickness of your salmon and your desired doneness. Bowl it up: Pile up some rice, pull off some of salmon, and spoon that mango avocado salsa over the whole thing. Add a lime squeezer for good measure. IT'S SO GOOD.
- 2° How to tell when the salmon is done: "Salmon will change from translucent (red or raw) to opaque (pink) as it cooks. After 6-8 minutes of cooking, check for doneness, by taking a sharp knife to peek into the thickest part. If the meat is beginning to flake, but still has a little translucency in the middle, it is done." I know this is the proper way to cook salmon, but I am also slightly paranoid about food safety, so the salmon we cook at home has almost no translucency when done. If the rare center freaks you out, don't worry – it's still very, very delicious when cooked all the way through (just don't let it get WAY overcooked or it will be dry and sad).

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (296 g)	% DRI
ENERGY	104 kcal	307 kcal	15 %
FAT	4 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	18 mg	52 mg	17 %
SODIUM	332 mg	983 mg	41 %
CARBOHYDRATE	9 g	27 g	9 %
SUGARS	7 g	19 g	—
FIBER	2 g	5 g	19 %
PROTEIN	9 g	26 g	—