

# 30-MINUTE GOCHUJANG SALMON BOWLS

## GROCERY LIST

- 20 oz of Skinless Salmon Filets (this is for 4 people, also can sub a different protein)
- Ginger in a tube or I bought the ginger in the frozen section
- Soy Sauce
- Gochujang
- 1 lime
- Sesame Oil
- Garlic
- Bagged Rice or Bagged Cauliflower Rice
- Scallions
- 1 Cucumber
- Sesame seeds or flakes seaweed
- Another Vegetable like broccoli or snow peas if you want

## METHOD

**Prepare the Salmon:** Begin by creating the marinade. Mix together 2 tbsp of gochujang, 4 tsp of soy sauce, 1 minced garlic clove, 1 tsp of sesame oil, 2 tsp sugar, and 2 tsp of ginger. Reserve 1/3 of the marinade for later use as a glaze. Place 1 in diced salmon (or preferred protein) into the marinade and let it marinate for 10 minutes, or longer for chicken.

Preheat the oven to 425°F. Arrange the marinated salmon on a sheet pan in a single layer and bake for approximately 8 minutes. Brush the reserved glaze over the salmon and continue baking for an additional 2-3 minutes, until the salmon is cooked through and the glaze is caramelized.

**Prepare the Vegetables:** In a bowl, mix together the zest and juice of one lime with sliced cucumbers. Cook your chosen vegetables according to preference. You can sauté ginger and snow peas, or steam broccoli and sprinkle with sesame seeds.

**To Serve:** Cook rice according to package instructions. Serve by placing rice in a bowl, topping with the cooked protein, cucumber slices, sliced scallions, and your preferred vegetables. Enjoy your delicious meal!