

## Flavor-Packed Teriyaki Salmon Bowls - A Weeknight Favorite with a Twist

Teriyaki Salmon Bowls with Crispy Brussels Sprouts: A Bowlful of Balance and Bold Flavor



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Salmon:

- 1 pound salmon fillets
- 1/4 cup soy sauce
- 2 tablespoons honey
- 1 tablespoon rice vinegar
- 1 teaspoon grated ginger
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes

For the Brussels Sprouts:

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

For the Creamy Sauce:

- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon garlic powder

### DIRECTIONS

1. **Make the : Marinade:**In a small bowl, mix soy sauce, honey, rice vinegar, grated ginger, garlic powder, and red pepper flakes.
2. **Marinate the : Salmon:**Place salmon in a shallow dish or zip-top bag. Pour marinade over and let sit for 30 minutes (up to 2 hours in the fridge).
3. **Prep the : Brussels Sprouts:**Toss halved sprouts with olive oil, salt, and pepper.
4. **Cook : Everything:**Grill or broil the salmon and Brussels sprouts for 5-7 minutes per side until the salmon flakes easily and the sprouts are browned and crispy. You can cook both on a foil-lined sheet pan under the broiler for convenience.
5. **Make the : Creamy Sauce:**In a small bowl, whisk together mayonnaise, Dijon mustard, honey, lemon juice, and garlic powder.
6. **Assemble the : Bowls:**Add your grain of choice to a bowl. Top with salmon, Brussels sprouts, and a drizzle of sauce. Garnish as desired.

### TIPS FOR SUCCESS

**Don't Over-Marinate:** 30 minutes is plenty-too long and the acid in the vinegar can toughen the fish.

**Use Foil or Parchment:** Makes cleanup easy, especially if broiling.

**Balance the Bowl:** Keep textures and flavors varied-crispy veg, creamy sauce, fluffy grains.

Make It Spicy: Add a dash of sriracha or more red pepper flakes to the sauce or marinade.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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