

## Sweet and Savory Teriyaki Salmon Bowls - Healthy and Delicious

Teriyaki Salmon Bowls with Crispy Brussels Sprouts



**OVEN**  
**400°F**

**TIME**  
**30 min**

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**SAVE**  
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### INGREDIENTS

For the Salmon:

- 1 pound salmon fillets
- ... cup soy sauce
- 2 tablespoons honey
- 1 tablespoon rice vinegar
- 1 teaspoon grated ginger
- $\frac{1}{2}$  teaspoon garlic powder
- ... teaspoon red pepper flakes

For the Brussels Sprouts:

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- $\frac{1}{2}$  teaspoon salt
- ... teaspoon black pepper

For the Honey Dijon Sauce:

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

Ingredient Swaps & Options:

No salmon? Try halibut, cod, or even tofu for a vegetarian spin.

Mayo-free option? Sub plain Greek yogurt for a lighter creamy sauce.

Rice or quinoa? Either grain works great-cauliflower rice works for a low-carb

version.

Add-ons: Try avocado slices, sesame seeds, or pickled veggies on top.

How to Make Teriyaki Salmon Bowls:

1. Make the Marinade:
2. Marinate the Salmon:
3. Roast the Brussels Sprouts:
4. Cook the Salmon:
5. Make the Honey Dijon Sauce:
6. Assemble the Bowls:

Tips for Success:

Let the salmon marinate, but not too long. Over 2 hours can make it mushy.

Don't crowd the sprouts. Use two pans if needed to keep them crisp.

Use parchment paper for easier cleanup when roasting.

## DIRECTIONS

1. **Make the Marinade:** Whisk together soy sauce, honey, rice vinegar, ginger, garlic powder, and red pepper flakes in a bowl.
2. **Marinate the Salmon:** Place salmon in a shallow dish or zip-top bag. Pour the marinade over and refrigerate for 30 minutes to 2 hours.
3. **Roast the Brussels Sprouts:** Preheat your oven or grill to 400°F (200°C). Toss halved Brussels sprouts in olive oil, salt, and pepper. Spread on a baking sheet and roast for 30-35 minutes, flipping halfway.
4. **Cook the Salmon:** Remove salmon from marinade and grill or broil for 5-7 minutes per side, or until it flakes easily with a fork.
5. **Make the Honey Dijon Sauce:** In a small bowl, whisk together mayonnaise, Dijon mustard, honey, lemon juice, and garlic powder until smooth.
6. **Assemble the Bowls:** Spoon rice or quinoa into a bowl. Top with salmon and roasted Brussels sprouts. Drizzle with sauce and garnish with lemon wedges or fresh herbs if desired.
7. **Tips for Success:** Let the salmon marinate, but not too long. Over 2 hours can make it mushy.
8. **Don't crowd the sprouts.** Use two pans if needed to keep them crisp.
9. **Use parchment paper for easier cleanup when roasting.**
10. **Double the sauce.** It's delicious on everything-fish, veggies, sandwiches.
11. **Serving Suggestions:** This bowl is a full meal on its own, but you can round it out with:
12. **Blueberry : Lemonade - the ultimate crisp, fruity drink pairing.**

13. Big : Family Banana Pudding - a cool and creamy dessert to contrast the savory bowl.
14. Easy : Turkey Wings - for a double protein feast when feeding a crowd.
15. One : Pan Breakfast Bake - ideal for brunch-style bowl-building.
16. Storage & Meal Prep: Fridge: Store salmon, Brussels sprouts, rice, and sauce separately for up to 3 days.
17. Reheat: Use a skillet or oven for salmon and sprouts to maintain texture.
18. Meal prep tip: Pre-portion bowls and keep sauce separate until serving.
19. More Wholesome Recipes You'll Love: Blueberry Lemonade
20. One : Pan Breakfast Bake
21. Chicken : Enchiladas
22. Final Thoughts: These Teriyaki Salmon Bowls with Crispy Brussels Sprouts are everything we love: flavor-packed, nutritious, and restaurant-level delicious with minimal effort. It's the perfect balance of protein, veggies, and creamy-sweet drizzle that feels comforting and clean.
23. ? Tried it? Let us know in the comments or tag @chefmaniac with your take! Follow along for more real meals that feel as good as they taste.

## TIPS FOR SUCCESS

Let the salmon marinate, but not too long.

Use two pans if needed to keep them crisp.

Use parchment paper for easier cleanup when roasting.

It's delicious on everything-fish, veggies, sandwiches.

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

Original recipe: <https://chefmaniac.com/sweet-and-savory-teriyaki-salmon-bowls-healthy-and-delicious/>