

Simple Salmon & Rice Bowl with Fresh Cucumber: Healthy & Quick Meal

Simple Salmon and Rice Bowl with Fresh Cucumber: A Clean and Balanced Delight!



TIME
3-4 min

TEMP
145°F

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Recipe Card

SAVE
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INGREDIENTS

1 salmon fillet (about 150g / 5 oz), fresh or thawed
¾ cup cooked white rice
½ small cucumber, thinly sliced
1 teaspoon olive oil or butter (for cooking salmon)
Salt & black pepper to taste
Optional: soy sauce (or liquid aminos), lemon wedge, or sesame seeds for garnish

DIRECTIONS

1. Cook the Salmon: Pat the salmon fillet dry with paper towels. Season both sides generously with salt and black pepper. Heat 1 teaspoon of olive oil or butter in a small non-stick pan over medium heat. Once the oil or butter is shimmering and hot, carefully place the salmon fillet in the pan, skin-side down first (if using skin-on). Cook the salmon for 3-4 minutes on the skin side until the skin is crispy and golden and the flesh is opaque about halfway up. Then, gently flip the salmon and cook for another 2-3 minutes on the other side, or until the fish flakes easily with a fork and is cooked through (internal temperature should reach 145°F / 63°C). Remove from heat and set aside.
2. Prepare the Rice: Use leftover or freshly cooked white rice. If reheating, a quick microwave or a brief stir in a saucepan with a tiny splash of water will make it warm and fluffy. Fluff the rice with a fork. If desired, add a touch of soy sauce or a small pat of butter to the rice and fluff again.
3. Slice the Cucumber: While the other components are cooking, thinly slice the ½ small cucumber. Keep it fresh and raw for that refreshing crunch.
4. Assemble Your Bowl: Add the fluffy cooked rice to a serving bowl. Gently place the pan-seared salmon fillet on top of the rice. Arrange the thinly sliced cucumber next to the salmon. Garnish with optional ingredients as desired: a sprinkle of sesame seeds for crunch, a lemon wedge for a burst of fresh citrus, or a drizzle of soy sauce. Serve warm and enjoy your beautifully simple and satisfying meal!

SWAPS & NOTES

Salmon Fillet: You can use a skin-on or skinless fillet, based on your preference.

If using skin-on, aim for a crispy skin.

Other types of flaky fish like cod or halibut could be substituted, but adjust cooking times.

Rice: White rice is classic here, but brown rice, quinoa, or even cauliflower rice would work for different nutritional profiles.

TIPS FOR SUCCESS

Pat Salmon Dry: This is crucial for achieving a good sear and crispy skin on the salmon.

Don't Overcook Salmon: Salmon cooks quickly.

Cook until it just flakes easily with a fork to ensure it remains moist and tender.

High-Quality Oil/Butter: Since there are so few ingredients, the quality of your cooking fat will influence the flavor.

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

Original recipe: <https://chefmaniac.com/simple-salmon-rice-bowl-with-fresh-cucumber-healthy-quick-meal/>