

# Salmon Rice Bowl with Ginger-Lime Sauce **FOOD&WINE**

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Active Time	Total Time	Yield
N/A	30 MIN	Serves : 4

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MAI PHAM March 2005

In Vietnam, palate-cleansing ginger is typically served with rich foods like duck. Here, a pungent ginger dipping sauce is paired with salmon, which is loaded with omega-3 fatty acids. **Plus:** More Fish Recipes and Cooking Tips

## Ingredients

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1 3/4 cups water

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1 1/4 cups long-grain rice, rinsed

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2 tablespoons minced, peeled fresh ginger

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3 1/2 tablespoons sugar

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1 Thai red chile, chopped

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10 small garlic cloves, 2 chopped

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## How to Make It

**Step 1** In a medium saucepan, bring 1 1/2 cups of the water and the rice to a boil. Cover, reduce the heat to low and cook the rice for 12 minutes. Remove the pan from the heat and let stand for 5 minutes.

**Step 2** Meanwhile, in a mortar, pound the ginger with the sugar, chile and chopped garlic to a coarse paste. Transfer the paste to a bowl and stir in the

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2 tablespoons  
fresh lime juice

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2 tablespoons  
Asian fish sauce

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2 Kirby  
cucumbers (10  
ounces), cut into  
thin strips

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2 tablespoons  
vegetable oil

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Four 6-ounce  
skinless salmon  
fillets

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Salt and freshly  
ground pepper

remaining 1/4 cup of  
water, the lime juice and  
the fish sauce. Add the  
cucumbers.

**Step 3** Heat the oil in a  
large nonstick skillet.  
Season the salmon with  
salt and pepper. Add the  
salmon to the skillet and  
cook over moderately high  
heat until lightly browned,  
about 3 minutes. Add the  
whole garlic cloves. Turn  
the salmon and cook over  
moderate heat until  
opaque throughout, about  
4 minutes.

**Step 4** Mound the rice  
in bowls. Top with the  
salmon, garlic cloves and  
ginger-lime sauce with  
cucumber strips and serve.  
Pass any extra sauce at the  
table.



### Notes

One Serving 652 cal, 26 gm  
fat, 4.9 gm saturated fat, 63  
gm carb, 1.5 gm fiber.

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