

Salmon Rice Bowl with Ginger-Lime Sauce

FOOD&WINE

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

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

1 3/4 cups water

1 1/4 cups long-grain rice, rinsed

2 tablespoons minced, peeled fresh ginger

3 1/2 tablespoons sugar

1 Thai red chile, chopped

10 small garlic cloves, 2 chopped

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

2 tablespoons
Asian fish sauce

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

2 tablespoons
vegetable oil

Four 6-ounce
skinless salmon
fillets

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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