

# Wild Sockeye Salmon Bowl



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
30 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4 - 6

## Salmon Ingredients:

- 1 – 1 ¼ lbs. Wild Caught Sockeye Salmon
- ½ Cup Cassava Flour (or brown rice flour)
- 1-2 TBSP Extra Virgin Olive Oil
- 1 teaspoon Salt
- Cracked Pepper to Taste
- 1 teaspoon Garlic Powder
- 1 ½ teaspoon Basil Dried or 4-5 Leaves Fresh Sliced Thin
- ½ of a Medium Lemon – Juice Squeezed

## Roasted Vegetable Ingredients:

- ¼ of Large Red Onion - Chopped
- 2 Heads of Broccoli Chopped into Florets
- 1 Head Cauliflower Chopped into Florets
- 1 Cup Baby Heirloom Carrots Sliced in Half Long Way
- ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- 1 ½ TBSP Olive Oil

**Rice/Quinoa:** I used 2 bags of Aldi's Organic Rice/Quinoa – prepare according to package directions

## Instructions:

1. Preheat oven to 425.
2. **For the veggies**, add all ingredients to a large bowl. Toss together until covered with oil and seasonings. Pour veggies onto a baking sheet (may need 2 depending on volume). Bake in oven about 12-15 minutes until start to soften but still have a bit of crunch. Remove from oven and set aside.
3. **For the salmon**, lay out salmon fillets and sprinkle salt, garlic powder, basil and pepper on both sides.
4. Spread out flour on large plate. Roll each salmon fillet into flour – covering all sides. Shake off extra flour.
5. Drizzle olive oil in large skillet. Warm up pan until get a sizzle (water drop test does the trick).

6. Place all fillets into pan. Let cook 5-7 minutes on the first side, then flip over.
7. Immediately after flipping, squeeze the fresh lemon onto each fillet. Cover the pan with lid and let cook another 5-7 minutes.
8. Remove from heat.
9. Prepare rice/quinoa according to package directions.
10. Portion out your grains, vegetables, and salmon into a bowl. Enjoy!

**\*Try and use all organic ingredients if possible.**

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