



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SALMON SUSHI BOWLS

1 pound salmon filet, cut in 4 portions	1 English cucumber, sliced
1 tablespoon sesame oil	1 avocado, sliced
2/3 cup soy sauce	2 sheets nori, cut into triangles
½ cup rice vinegar	Sesame seeds, optional
¼ cup honey	1/3 cup mayonnaise
6 garlic cloves, minced	1-2 teaspoons sriracha
1 tablespoon fresh ginger, minced	2 teaspoons rice vinegar
4 cups brown rice, cooked	

1. In a small bowl mix the soy sauce, rice vinegar, honey, garlic, and ginger. Set aside.
2. Heat the sesame oil in a large skillet over high heat. Sear the salmon for 90 seconds per side on all 4 sides.
3. With salmon skin side down, pour the marinade over the salmon and simmer until slightly thickened, about 3 minutes.
4. Build the bowls by dividing the rice into 4 bowls, topping with salmon, cucumber, avocado, sesame seeds, and nori.
5. In a small bowl mix the mayonnaise, sriracha and 2 teaspoons rice vinegar. Drizzle over the bowl. Drizzle with extra ginger-honey sauce.