JANE SMITH LIFESTYLE

# Honey Garlic Glazed Salmon Bowls

Prep: 15 minutes | Cook: 18 minutes | Serves: 4



I keep coming back to this one because it's light, built around salmon fillets and honey, and ready in well under an hour.

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## Ingredients

- 4 salmon fillets
- 2 tbsp honey
- 2 tbsp low-sodium soy sauce
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tbsp sesame oil
- 3 cups cooked jasmine rice
- 1 cup broccoli florets
- 1 avocado, sliced
- Sesame seeds
- Green onions
- Salt
- Black pepper

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## Directions

1. Whisk honey, soy sauce, garlic, ginger, and sesame oil.
2. Brush salmon with glaze.
3. Bake at 400°F for 15–18 minutes.
4. Steam broccoli until tender-crisp.

5. Divide rice into bowls.
6. Add broccoli and avocado.
7. Top with glazed salmon.
8. Garnish with sesame seeds and green onions.

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### Jane's Note

Want to switch it up? Substitute shrimp.

Can I make this ahead? Prepare rice up to 3 days ahead. Can I keep leftovers? Refrigerate up to 3 days.

Storage: Refrigerate up to 3 days.

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