


# Salmon Teriyaki with Sesame Brussels Sprouts and Cauliflower "Rice"



 Ready in 1 hour & 5 minutes

Meal Type:

**DINNER (PROTEIN/VEG/FAT)**

Preparation Difficulty:

**EASY - MEDIUM**

Program Phase:

**ALL PHASES**

Preparation Time:

**PREP: 40 minutes**

**COOK: 25 minutes**



Photo: JMLANGEPHOTOGRAPHY

## INGREDIENTS (4 SERVINGS):

### Main:

(4) 3-4 oz (female) salmon filets OR 5-6 oz (male) OR a combo of both

2 lbs brussels sprouts

1 large head of cauliflower

1 tbsp sesame oil

1 tbsp olive oil

Pinch of salt and pepper (to taste)

Cooking spray

Sesame seeds for garnish

### Marinade:

½ cup low sodium soy sauce or coconut aminos

2 tbsp peeled and minced FRESH ginger (1 tsp if using ground ginger)

2 tbsp sesame oil

2 tbsp rice wine vinegar

3 cloves garlic, minced

Pinch of cayenne pepper


1. Preheat oven to 400 degrees F.
2. In a small bowl, combine all of the marinade ingredients together and whisk well.
3. Place salmon filets in a shallow bowl. Pour the marinade over the salmon. Cover the bowl and place in the fridge for 30 mins.
4. While the salmon is marinating, rinse, dry, and quarter brussels.
5. Coat cut brussels evenly with 1 tbsp sesame oil, salt and pepper in a large bowl.
6. Line a large baking sheet with foil and spread brussels sprouts on the tray. Place in the oven 5 mins before salmon is done marinating. Bake brussels for 20-25 mins or until softened & slightly crispy.

**#EATGOODFEELGOOD**



# Salmon Teriyaki with Sesame Brussels Sprouts and Cauliflower "Rice"



 Ready in 1 hour & 5 minutes

Meal Type:

**DINNER (PROTEIN/VEG/FAT)**

Preparation Difficulty:

**EASY - MEDIUM**

Program Phase:

**ALL PHASES**

Preparation Time:

**PREP: 40 minutes**

**COOK: 25 minutes**



Photo: JMLANGEPHOTOGRAPHY

## INGREDIENTS (4 SERVINGS):

### Main:

(4) 3-4 oz (female) salmon filets OR 5-6 oz (male) OR a combo of both

2 lbs brussels sprouts

1 large head of cauliflower

1 tbsp sesame oil

1 tbsp olive oil

Pinch of salt and pepper (to taste)

Cooking spray

Sesame seeds for garnish

### Marinade:

½ cup low sodium soy sauce or coconut aminos

2 tbsp peeled and minced FRESH ginger (1 tsp if using ground ginger)

2 tbsp sesame oil

2 tbsp rice wine vinegar

3 cloves garlic, minced

Pinch of cayenne pepper

7. After brussels are in the oven, remove salmon filets from the fridge and line another sheet/pan with foil. Lightly coat it with cooking spray to prevent sticking. Carefully place filets on the baking sheet/pan and bake for 20 mins.
8. While the salmon and brussels bake, wash and rinse the cauliflower. Remove all the leaves.
9. On a cutting board, break apart the cauliflower and finely chop cauliflower into small rice-size pieces. Coat the "rice" with 1 tbsp olive oil and a pinch of salt and pepper.
10. Line an additional baking sheet with foil and lightly coat with cooking spray. Spread cauliflower "rice" on sheet and bake for 10 mins.
11. Once all components finish baking, arrange on a plate or in a bowl. Garnish with sesame seeds and enjoy!

**#EATGOODFEELGOOD**