



Steelhead and Brown Rice Bowl

Serves 4

Main Ingredients

- ¼ cup tamari
- 1 ½ Tbsp unseasoned rice vinegar
- 2 Tbsp honey (taste and add more if you want more sweetness)
- 4 6-ounce servings of skin-on steelhead
- 1 cup thinly shredded carrots
- 1 cup persian cucumbers (baby cucumbers, skin on but sliced the long way thinly)
- 1 cup red onion, peeled and sliced into half moons then separated
- 1 cup thinly sliced colored sweet peppers (red, yellow, or a combo)
- 1 cup thinly sliced radishes (optional)
- 1 cup pea pods, optional
- 2 cups cooked brown rice
- 2 Tbsp Furikake, optional
- Black and white sesame seeds for garnish
- Green onions for garnish (optional)

Vegetable Marinade Ingredients

- 2 large limes
- 1 tsp sea salt
- 2 tsp granulated sugar

Instructions

Combine tamari, rice vinegar and honey in a bowl and whisk. Put half this mixture in a zip lock bag that will hold the salmon and add the fish (pat with a towel first so it is dry). Squish it around to coat the fish and put the sealed bag in the refrigerator for at least 15 minutes or for a few hours if you are rushed. Save the other half to pour over the steelhead once it is cooked.

To marinate the carrots, cucumbers, onions, peppers and radishes, I use the same instructions for my [Lime-Infused Bermuda Onions](#). Shake the mixture and pour a little over the veggies (I do the onion separately so it doesn't "bleed" onto the other veggies). Put in the fridge and let it marinate a bit, then drain before using.

Remove fish from the tamari mix and discard the marinade. Heat a fry pan or grill and cook the steelhead flesh side down for a few minutes, then flip over so the skin is at the bottom and cook to your liking. Remove the fish from the pan.

To serve: combine brown rice with a little Furikake, which is roasted sesame and seaweed. The furikake is optional but I happen to love the flavor. Cover with the fish and drain the marinated veggies and make sections of each on top of the rice, leaving room for the steelhead. Drizzle the remaining reserved marinade over the fish, sprinkle with sesame seeds and serve.

Combine tamari, rice vinegar and honey in a bowl and whisk. Put half this mixture in a zip lock bag that will hold the salmon and add the fish (pat with a towel first so it is dry). Squish it around to coat the fish and put the sealed bag in the refrigerator for at least 15 minutes or for a few hours if you are rushed. Save the other half to pour over the steelhead once it is cooked.

To marinate the carrots, cucumbers, onions, peppers and radishes, I use the same instructions for my [Lime-Infused Bermuda Onions](#). Shake the mixture and pour a little over the veggies (I do the onion separately so it doesn't "bleed" onto the other veggies). Put in the fridge and let it marinate a bit, then drain before using.

Remove fish from the tamari mix and discard the marinade. Heat a fry pan or grill and cook the steelhead flesh side down for a few minutes, then flip over so the skin is at the bottom and cook to your liking. Remove the fish from the pan.

To serve: combine brown rice with a little Furikake, which is roasted sesame and seaweed. The furikake is optional but I happen to love the flavor. Cover with the fish and drain the marinated veggies and make sections of each on top of the rice, leaving room for the steelhead. Drizzle the remaining reserved marinade over the fish, sprinkle with sesame seeds and serve.