

## Honey-Garlic Salmon Skillet with Yaki-imo & Brown Rice

Serves 2

- Honey – 10 g (2 tsp)
- Garlic – 3 medium cloves, grated ( $\approx 1\frac{1}{4}$  tsp), divided
- Extra-virgin olive oil – 7 ml ( $\frac{1}{2}$  T)
- Fresh salmon fillets (skin-on or skinless) – 2 pieces,  $\approx 140$  g each
- Broccoli florets – 200 g, cut into 2–3 cm pieces
- Red bell pepper –  $\frac{1}{2}$  medium ( $\approx 75$  g), chopped
- Scallions – 2 small ( $\approx 40$  g), sliced, plus more for garnish
- Yaki-imo (ready to eat) – 120 g, cubed ( $\approx \frac{3}{4}$  cup)
- Black pepper –  $\frac{1}{8}$  tsp
- Kevala coconut aminos – 2 Tbsp (30 ml)
- Rice vinegar – 2 tsp (10 ml)
- Cooked Japanese brown rice (玄米) – 100 g ( $\approx \frac{2}{3}$  cup cooked)
- Water (or unsalted chicken broth) – 60 ml ( $\frac{1}{4}$  cup)
- Optional garnish: shredded nori



1. **Prep honey-garlic glaze:** Mix **honey** and **half the garlic** in a small bowl.
2. **Sear salmon:** Heat **oil** in oven-safe skillet over **medium-high**. Brush salmon tops with half the honey mix. Place salmon honey-side down, **sear 1–2 min** until browned. Remove to a plate, browned side up.
3. **Cook vegetables:** Add **broccoli**, **bell pepper**, **scallions**, remaining **garlic**, **black pepper**, and **1 T coconut aminos**. **Stir-fry 2–3 min**. Deglaze with **vinegar** + remaining **1 T coconut aminos**.
4. **Add rice, yaki-imo & liquid:** Stir in cooked **brown rice**, **yaki-imo cubes**, and **60 ml water**. Mix well to coat.
5. **Bake:** Transfer to oven (**200°C**), uncovered, **8 min** until broccoli is nearly tender and yaki-imo warmed through.
6. **Add salmon:** Brush **salmon** with remaining **honey mix**, return to skillet, nestle into vegetables. **Bake another 6–8 min** until salmon reaches **50°C**, medium-rare).
7. Garnish with extra **scallions** (and **shredded nori** if desired).

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### Nutrition (per serving, estimated)

- **Kcal:**  $\sim 535$  kcal
- **Protein:**  $\sim 36$  g
- **Fat:**  $\sim 18$  g
  - Sat. Fat =  $\sim 3$  g
- **Carbs:**  $\sim 55$  g
  - Sugars =  $\sim 12$  g
- **Fiber:**  $\sim 8$  g
- **Sodium:**  $\sim 420$  mg
- **Omega-3:**  $\sim 2.2$  g