

Air Fryer Salmon Piccata Grain Bowl

サーモンピカタグレインボウル

Serves 2

Ingredients

Grain Base

- 160 g cooked quinoa キヌア
OR
- 160 g cooked brown rice 玄米

Salmon

- 220–240 g salmon fillets サーモン
- 1 tsp / 5 g olive oil オリーブオイル
- ¼ tsp salt + pinch MSG 塩+MSG
- Black pepper 黒こしょう

Vegetables

- 180 g asparagus アスパラガス
- 120 g cherry tomatoes ミニトマト
- 80 g cucumber きゅうり
- 20 g red onion 赤玉ねぎ

Quick Pickled Onion

- 1 T / 15 g rice vinegar 米酢
- Pinch salt 塩

Piccata Dressing

- 2 T / 30 g lemon juice レモン果汁
- Zest of 1 lemon レモンの皮
- 1 T / 15 g olive oil オリーブオイル
- 1 T / 15 g capers ケッパー
- 1 tsp Dijon mustard デイジョンマスタード
- ½ tsp salt + pinch MSG 塩+MSG
- Black pepper 黒こしょう

Recommended Additions

- 2 jammy eggs (1 per serving) 卵
- 20–30 g Parmesan cheese パルメザンチーズ
- 15 g walnuts くるみ

Instructions

1. Combine the sliced **red onion** with **rice vinegar** and a pinch of **salt**. **Let stand 15 minutes.**
2. Prepare the **quinoa** or **brown rice** and keep warm.
3. Season the **salmon** with **olive oil**, **salt + MSG**, and **black pepper**.
4. **Preheat** the air fryer to **190°C** for **4 minutes**.
5. Cook **salmon** at **190°C** for **7–9 minutes** until just cooked.
6. Cook **asparagus** at **190°C** for **5–7 minutes** until tender-crisp.
7. Whisk together all dressing ingredients.
8. Place grain base into serving bowls.



9. Arrange **cucumber, tomatoes, asparagus,** and **pickled onion** around the bowl.
10. Top with **salmon**.
11. Add the **egg, walnuts,** and **Parmesan**.
12. Drizzle with piccata dressing and serve.

Notes

- Quinoa provides the highest protein option.
- Brown rice provides a more Japanese-style bowl.
- Parmesan complements the lemon-caper piccata flavors beautifully.
- This bowl functions as a complete meal with protein, vegetables, healthy fats, fiber, and complex carbohydrates.

Serving Suggestions

- Excellent with melon, papaya, or nashi as a light summer dessert.
- The egg is strongly recommended for additional richness and protein.
- Parmesan is the preferred cheese substitute when feta is unavailable.

Nutrition (Approximate)

Per Serving (including egg and walnuts, excluding Parmesan)

Kcal total: 610 | Protein: 43 g | Fat: 31 g | Sat Fat: 5 g | Carbs: 35 g | Sugars: 6 g
| Fiber: 6 g | Sodium: 520 mg | Omega-3: 2.5 g