**Salmon and Citrus “Rice” Bowl**

A rice bowl is a great way to combine different ingredients and flavors. Cauliflower rice acts as the base for this bright and citrusy meal. Make sure to allow time for the salmon to marinade for 2-3 hours. Though there are more steps to this recipe than most, the end results are well worth the effort.

**ingredients**

2 6-oz. salmon fillets(wild caught-not farmed), skins removed

2 navel oranges, divided

1-inch piece fresh ginger, peeled and thinly sliced

1 bay leaf

1/2 tsp coriander seeds, crushed

1/2 tsp tamari

1/2 tsp honey

1/2 tsp sesame oil

3 cups fresh spinach

2 cups cooked cauliflower rice

1 tsp sesame seeds, for garnish

**directions**

1. Juice one orange into a small bowl. Place the orange juice, ginger, bay leaf, and coriander into a small saucepan. Bring to a boil and cook for 5 minutes. Remove from heat and let cool completely. Strain, then stir in the tamari, honey, and sesame oil.

2. Combine the orange juice mixture with the salmon in a Ziploc bag, reserving about one tablespoon of the juice. Toss to coat. Marinate in the refrigerator for 2-3 hours.

3. When you are ready to cook the salmon, preheat the broiler. Pat the salmon dry with paper towels and place on a greased baking sheet. Broil for 5-7 minutes until opaque throughout. Let cool and then flake into pieces.

4. Meanwhile, heat about half an inch of water in a small pot and bring to a boil. Add the spinach and cook for 1 minute, stirring constantly, until barely wilted. Squeeze dry and set aside.

5. Remove the peel and membranes from 1 orange and cut into small pieces. Divide the rice evenly between two bowls. Top with salmon, orange pieces, and wilted spinach. Garnish with sesame seeds and drizzle with remaining orange juice mixture.