

Wild Alaska Salmon Rice Bowl



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 12

Ingredients:

Canola Oil .75 cup

Red Bell Pepper, julienne 3 lbs.

Carrots, julienne .75 lb.

Tofu, julienne .75 lb.

Sesame Oil 4 Tbsp.

Kimchi, prepared, coarsely chopped, loosely packed 12 cups

Alaska Canned Salmon, drained and flaked 3 cans (14.75 oz. ea.)

Steamed Rice, white or brown 12 cups

Eggs 12 each

Soy Sauce 4 Tbsp.

Cilantro, fresh, chopped .75 cup

Sesame Seeds 4 Tbsp.

Description:

Prepare rice. Hold warm until needed. Mix salmon with kimchi,

hold under refrigeration until needed.

One Serving:

Sauté 3 oz. peppers, 1 oz. carrots, and 1 oz. tofu

in 1 Tbsp. canola oil to slightly soften, set aside.

Fry 1 egg. Place 1 cup of rice in a bowl. Lay vegetables over one half of the rice. Lay salmon and kimchi over the other half. Top with fried egg. Drizzle with 1 tsp. soy sauce. Garnish with cilantro and sesame seeds. Serve.