
Low-GI Salmon & Brown Rice Power Bowl

A nutrient-dense meal combining omega-3 rich salmon with fiber-packed brown rice and edamame for sustained energy and stable blood sugar levels.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 4

GL 8.3 / GI 28

Ingredients

brown basmati rice

frozen edamame (soya beans), defrosted

skinless salmon fillets

cucumber, diced

spring onions, sliced

fresh coriander, roughly chopped

lime, zest and juice

red chilli, diced and deseeded

low-sodium soy sauce

Instructions

Step 1

Rinse the brown basmati rice thoroughly under cold water until the water runs clear. This removes excess starch and helps achieve a fluffier texture.

Step 2

Cook the rice according to package directions in a medium saucepan with the appropriate amount of water. Set a timer for 3 minutes before the rice is fully cooked.

Step 3

When the timer sounds, add the defrosted edamame directly to the rice pot and continue cooking for the final 3 minutes. This ensures both components are perfectly tender.

Step 4

While the rice cooks, place the salmon fillets on a microwave-safe plate. Cover loosely and microwave on high power for 3 minutes, or until the fish flakes easily and reaches an internal temperature of 145°F (63°C). Alternatively, you can pan-sear or bake the salmon if preferred.

Step 5

Drain the rice and edamame mixture in a fine-mesh strainer, then rinse under cold running water to stop the cooking process and cool it quickly. Shake off excess water and transfer to a large mixing bowl.

Step 6

Allow the cooked salmon to cool for 2-3 minutes, then use a fork to gently remove any skin and flake the fish into bite-sized pieces.

Step 7

Add the diced cucumber, sliced spring onions, chopped coriander, and flaked salmon to the bowl with the rice and edamame. Gently fold everything together using a large spoon, being careful not to break up the salmon too much.

Step 8

In a small bowl, whisk together the lime zest, lime juice, diced chili, and low-sodium soy sauce until well combined. Taste and adjust seasoning if needed.

Step 9

Drizzle the zingy dressing over the salad and gently toss to coat evenly. Serve immediately at room temperature, or refrigerate for up to 2 hours for a chilled version. This dish also makes excellent meal prep for the next day.