Air Fryer Crispy Korean Salmon Bowl

Ingredients

- 450 g Salmon
- 1 tablespoon Olive Oil
- 1 sachet Maggi Air Fryer Crispy Korean
- 500 g Microwave Brown Rice
- 1 Lime
- 1 bunch spring onions, sliced
- 2 Carrots, peeled and finely sliced into matchsticks
- 1 Cucumber, sliced into matchsticks
- 1 avocado, stone removed and sliced
- 100 g radishes, sliced
- 5 g seaweed thins, cut into fine strips
- 20 g cress
- 10 g white or black sesame seeds

Instructions

1. Preheat the air fryer to 180˚C. Tip the crumbs out onto a plate, coat the salmon in half the oil and then into the breadcrumbs, roll until coated.
2. Air fry the salmon for 15 minutes until piping hot throughout.
3. Heat the rice according to the pack instructions, divide between 4 bowls and add small piles of veg to each bowl.
4. Top each bowl with a hot salmon fillet, a little cress and sesame seeds if using and dive in.

Nutrition

Carbohydrate	63.38 g
Energy	565.45 kcal
Fat	20.77 g
Fibre	9.03 g
Protein	32.56 g
of which: saturates	3.15 g
Sodium	250 mg
of which: sugars	7.26 g

35 Minutes

4