

# Spicy Salmon Sushi Bake

*Delicious and Nutritious!*

Prep Time: 15 minutes

Total Time: 40 minutes

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## INGREDIENTS

Yield: 8 servings

### Sushi Rice

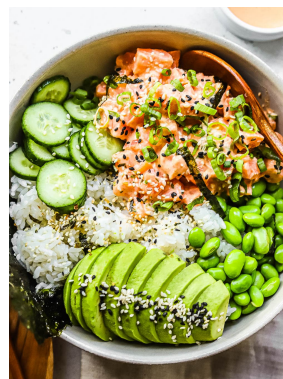
- 2 cups sushi rice
- 2 1/2 cups water
- 1/4 cup rice vinegar
- 1-2 tablespoons sugar
- 1 teaspoon salt

### Spicy Salmon

- 1 pound salmon fillet with skin
- 1 teaspoon honey
- 2 tablespoons tamari or coconut amino acids
- 1 tsp garlic powder or garlic clove crushed
- 2 tablespoons mayonnaise
- 2-3 tablespoons sriracha sauce
- 1 teaspoon sesame oil

### Garnishes

- 1 ripe avocado, sliced
- 1/4 cup green onions, chopped
- 1 sheet nori, cut into strips
- 2 tbsp black sesame seeds
- Soy sauce, for serving



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## PREPARATION

- Preheat oven to 375°F (190°C).
- **Cook sushi rice:** Rinse the sushi rice under cold water until water runs clear; then combine with 2 1/2 cups water in a pot. Bring to a full boil, reduce heat to low, cover, and simmer for 20 minutes until rice is tender.
- **Prepare vinegar mixture:** In a small bowl, whisk together rice vinegar, sugar, and salt until dissolved. Fold this mixture gently into the cooked rice and let it cool slightly to achieve the classic sushi rice flavor.
- **Bake salmon:** Mix the honey, tamari/coconut amino acids, and garlic. Baste the salmon fillet with the honey mixture and place in baking dish. Bake in the preheated oven for 10-15 minutes until fully cooked and flaky. Remove from oven and let cool slightly and remove salmon from skin. Flake with fork into small pieces.
- **Create spicy salmon:** Combine mayonnaise, sriracha sauce, and sesame oil in a bowl. Add flaked salmon and mix thoroughly to create a creamy, spicy salmon layer.
- **Assemble sushi bake:** Spread the seasoned sushi rice evenly in a large baking dish. Spoon the spicy salmon mixture evenly over the rice layer.
- **Bake:** Return to the oven and bake for 10-15 minutes until heated through and the top is slightly crispy.
- **Add final toppings and serve:** Garnish with sliced avocado, sesame seeds and chopped green onions. Serve with nori strips and soy sauce on the side for added texture and flavor.

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