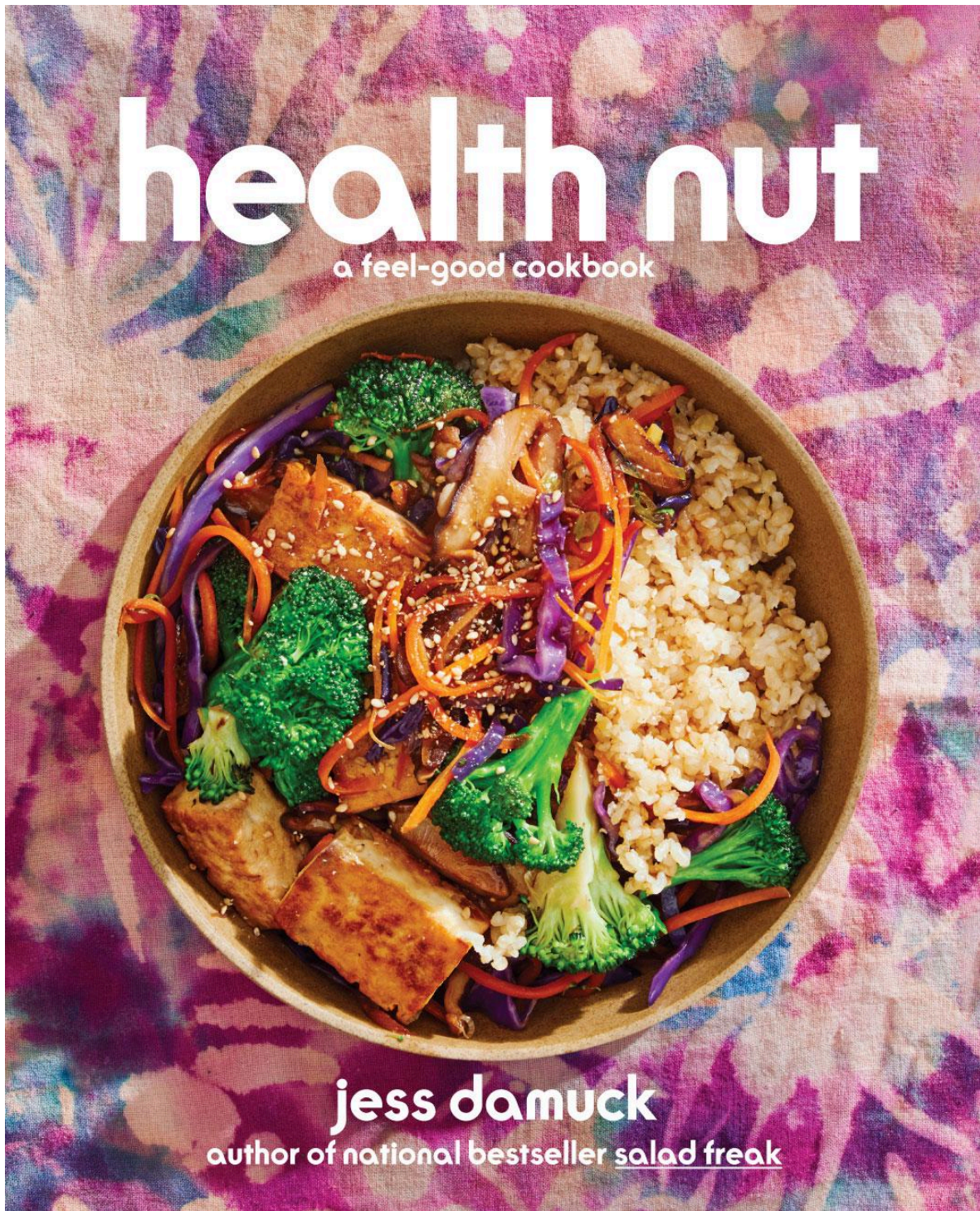


[Jess Damuck, Health Nut](#)
Recipes excerpted for Downtime



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Crispy Rice and Salmon Bowl with Quick Pickles and Greens
Serves 4 as a meal

Seasoned sushi rice crisped to deep golden brown topped with plump little nuggets of perfectly spiced salmon, with a big pile of green veggie —to me, this is the perfect meal. It works even better with over cooked rice—so use that if you have it on hand, or make sure you give yourself enough time to chill the freshly cooked rice in the fridge before crisping it!

PRODUCE

2 Japanese or English cucumbers
2 handfuls loosely packed dark leafy greens, such as spinach
2 avocados

PROTEIN

1 pound (454 g) skinless salmon fillet, preferably wild

PANTRY

Kosher salt
¼ cup (60 ml) plus 2 tablespoons rice vinegar
4 cups (600 g) cooked short-grain sushi rice
Neutral oil, such as sunflower or avocado
¼ cup (60 ml) soy sauce
1 teaspoon fish sauce
2 tablespoons (30 ml) honey
1 tablespoon (15 ml) chili sauce (such as Sambal)
1 teaspoon garlic powder
1 teaspoon togarashi
1 cup (160 g) frozen edamame, thawed
Furikake, for serving

Make the pickles: Smash 2 cucumbers and slice into ½-inch (12 mm) chunks. Add to a colander or fine-mesh strainer set over a bowl and sprinkle with a generous amount of salt. Let sit for 20 minutes. Transfer to a bowl and toss with ¼ cup (60 ml) rice vinegar. Let sit at least 10 minutes, or up to a week or two in the fridge.

Meanwhile, make the crispy rice: Fluff the warm, cooked rice with a fork and add 2 tablespoons rice vinegar and salt.

Line an 8-inch (20 cm) square baking dish with parchment paper, and then add the rice. Squish down into a solid layer using your hands or a measuring cup. Refrigerate for at least 2 hours but overnight is best.

Cut into eight 4-inch by 2-inch (10 by 5 cm) rectangles. Heat a little bit of neutral oil in a nonstick or cast-iron pan over medium-high heat. Add the rice squares and cook until golden brown, about 10 minutes. Flip carefully and cook 10 minutes more. Sprinkle with a bit of salt.

Make the dipping sauce: In a small bowl, combine ¼ cup (60 ml) soy sauce, 1 teaspoon fish sauce, 2 tablespoons (30 ml) honey, and 1 tablespoon (15 ml) chili sauce and whisk to blend

Prepare and cook the salmon: Cut the salmon into 2-inch (5 cm) pieces. In a large bowl, add the salmon and sprinkle with 1 teaspoon garlic powder, salt, and 1 teaspoon togarashi and toss to combine.

Add about 1 tablespoon neutral oil to the pan that you cooked the rice in and heat over medium high. Add the salmon, and let cook, undisturbed, for 2 to 3 minutes. Begin to flip the pieces when they easily come off the pan, about 2 minutes. When the fish is opaque throughout, about 10 minutes, transfer to a plate and wipe out the pan.

Cook the veggies: Add the spinach and edamame to the pan with $\frac{1}{4}$ cup (60 ml) water. Turn the heat to medium high, season with salt, and cook, stirring occasionally, until the spinach has wilted and the water has evaporated.

Assemble and serve: In each serving bowl, put 1 crispy rice square and top it with salmon pieces, some spinach and edamame, pickles, avocado slices, and plenty of furikake. Serve with the sauce on the side

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