Salmon Rice Cucumber Bowl

Three warm-rice bowls with cold salmon, cucumber and yogurt · Active 25 min · Total 45 min

Skills: Coordinating fresh rice with separately chilled toppings and a short rice-storage clock

Ingredients

- 3/4 cup dry long-grain white rice (150 g), rinsed
- About 1 3/8 cups water (330 ml), or packet-specified amount
- Canned salmon, drained and checked (6 1/3 oz/180 g usable fish)
- 1 medium cucumber, washed and diced (300 g)
- 1/2 cup plain yogurt (120 g)
- 1 tablespoon cider vinegar (15 ml)
- 1/4 teaspoon black pepper (0.5 g)
- 1/8 teaspoon fine salt (0.75 g)

Set out

Saucepan with tight lid, Strainer, Clean plate for checking salmon, Knife and board, Small dressing bowl, Shallow rice-cooling container

Allergens

fish, milk. Check labels and substitutions.

Make it

1. Put rice and water in the saucepan. Bring to a boil, cover, reduce heat and simmer for 15 minutes or its packet time. Remove from heat and stand covered for 5 minutes. Check a few grains are tender.

2. While rice cooks, check and measure drained salmon, break into flakes and refrigerate. Wash and dice cucumber, then refrigerate it. Mix yogurt, vinegar, pepper and salt in the small bowl and keep cold.

3. Fluff the freshly cooked rice and divide among three bowls. Add one-third of the salmon and cucumber to each and spoon over one-third of the dressing. Eat promptly.

4. For a planned saved portion, do not assemble it warm with the cold topping: cool its rice quickly in a shallow container, refrigerate ideally within 1 hour and keep toppings separately chilled.

Warm rice is intentional

This is not sushi rice or a recipe for rice stored unrefrigerated. The freshly cooked grain is served warm with cold toppings.

Ingredient labels

Salmon supplies fish and yogurt supplies milk. Check canned-fish and yogurt labels for added ingredients.

A useful detail

Cold topping preparation overlaps the rice cooking and covered rest. The 45-minute total allows checking and draining canned fish rather than treating can net weight as the portion.

Keep it well

Cool saved rice quickly, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use rice within 24 hours and reheat it only once to 165°F/74°C; add separately chilled topping after reheating. Keep salmon, cucumber and yogurt refrigerated and use assembled leftovers within that same 24-hour window. Do not freeze the assembled cucumber-yogurt bowls.