



SMOKED SALMON BOWL

with Ginger-Lemon Drizzle

SHOPPING LIST

Serves 2

Grain + Greens Base

1 pouch prepared Seeds of Change Quinoa & Brown Rice (or 1 cup cooked grain of choice)

2 packed cups shredded kale (or dark leafy green of choice)

2 tbsp extra-virgin olive oil

Juice and zest from ½ lemon

Toppings

Fishwife Smoked Salmon with Fly By Jing Sichuan Chili Crisp (2 tins)

1 ripe avocado, sliced

½ cucumber, thinly sliced

1 cup shredded carrots

2-4 tbsp Jeff's Garden Pickled Red Onions

Ginger-Lemon Drizzle

¼ cup plain Greek yogurt or skyr

1 tbsp olive oil

1 tbsp lemon juice

1 tsp freshly grated ginger

1 tsp honey

An easy, feel-good meal built from ingredients you can find right here at Gus's.

This bowl layers Fishwife Smoked Salmon, whole grains, creamy avocado, veggies, and bright lemon and ginger flavors for a simple, delicious dinner that supports heart health with ease.

DIRECTIONS

- 1 Prepare the base.** Divide grains between two bowls. Add greens, drizzle with olive oil and lemon zest/juice, and toss gently.
- 2 Add the toppings.** Flake the salmon over each bowl, spooning some of the oil from the tin ovetop. Add avocado, cucumbers, carrots, and pickled onions.
- 3 Whisk the drizzle.** Stir all drizzle ingredients until smooth and glossy.
- 4 Finish.** Spoon over the ginger-lemon drizzle and enjoy!

Quick Bite Variation

Toast a slice of local sourdough, slather on the ginger-lemon sauce, then add salmon, avocado, cucumbers, and pickled onions for a quick meal.

WHY THIS RECIPE IS HEART HEALTHY

Big flavor and an easy win for your heart!

Omega-3s in salmon help lower triglycerides in the blood.

Fiber from whole grains helps limit the absorption of cholesterol during digestion.

Gingerols and shogaols in ginger may support healthy circulation.

Vitamin C from dark greens & lemon supports strong blood vessels.

GUSMARKET.COM



The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE