

Helergon Kitchen

Bang Bang Salmon Bites Bowls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb salmon fillet, cut into bite-size cubes
- [ ] 1 red bell pepper, sliced
- [ ] 1 yellow bell pepper, sliced
- [ ] 2 carrots, julienned
- [ ] 1 avocado, diced
- [ ] 2 tbsp olive oil

Bang Bang Sauce

- [ ] 1/2 cup mayonnaise
- [ ] 2 tbsp sriracha
- [ ] 1 tbsp honey
- [ ] 1 tbsp lime juice
- [ ] 1 tsp smoked paprika

Instructions

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment.
2. Toss salmon cubes with 1 tbsp olive oil, salt, and pepper, then spread on the sheet.
3. Roast salmon for 8-10 minutes until just opaque; set aside.
4. Meanwhile, sauté bell peppers and carrots in a skillet with remaining olive oil over medium heat until tender-crisp, about 5 minutes.
5. In a bowl, whisk together mayonnaise, sriracha, honey, lime juice, and smoked paprika to create the Bang Bang sauce.
6. Assemble bowls: layer greens, roasted salmon, sautéed veggies, and avocado; drizzle generously with sauce and serve.

Nutrition per serving

420 kcal	32 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of cayenne to the sauce.
- For a crunchy element, sprinkle toasted sesame seeds just before serving.
- Feel free to swap carrots for shredded purple cabbage for extra color.