

Teriyaki Fish Bowls

Serves: 8
Prep: 25 mins
Cook: 10 mins

Dietary: DF, EF, NF
Age group: 12 months+
Difficulty level: Beginner

MindChamps®
early learning & preschool

Teriyaki Fish Bowls



Nut-Free



Dairy-Free



Egg-Free

Ingredients

TERIYAKI SAUCE

- 2 tbsp (40ml) extra virgin olive oil
- ¼ cup (60ml) low sodium soy sauce
- 2 tbsp (40ml) water
- 1 tbsp (20ml) maple syrup or honey (optional)
- 2 garlic cloves (10g), peeled and crushed
- 2 tsp (10ml) rice wine vinegar
- 1 tsp (10g) fresh ginger

FISH

- 680g fish fillets (salmon, hoki, barramundi, flathead, tuna or mackerel)
- 3 tsp (15g) cornflour
- 1 tbsp (20ml) extra virgin olive oil
- 2-3 spring onions (40g), rinsed, white and light green part finely chopped

BOWL

- 4 cups cooked brown rice (240g uncooked)
- 3 cups (225g) broccoli florets, steamed
- 3 cups (225g) grated/shredded purple cabbage
- 3 cups (225g) grated carrot
- 1 large avocado (200g), peeled, pit removed and cubed
- Lime, to serve

Method

1. To make the teriyaki sauce, mix all ingredients in a small bowl until well combined.
2. Dust the fish fillets with cornflour.
3. Heat oil in a large frying pan over medium heat. Fry the spring onions for 2-3 mins or until lightly browned and set aside.
4. Add the fish and fry for approx. 2 mins on each side, then add the teriyaki sauce. Continue to cook for 2-3 mins until the glaze is thick and the fish is cooked through.
5. Serve everything in separate bowls and allow the children to assemble their own teriyaki bowls.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:**
For a gluten-free version: Swap soy sauce for a gluten-free soy sauce/tamari.
- ✓ **Easy ingredient swaps:**
Swap vegetables for seasonal vegetables or greens of choice.
- ✓ **Baby-friendly version:**
Leave out maple syrup/honey and serve mashed or in finger food-sized pieces.