



TERIYAKI STYLE SALMON

with Steamed Rice & Sesame Greens



Make your own teriyaki sauce!



Ginger



Garlic



Salmon



Sesame Seeds



Broccoli



Jasmine Rice



Snow Peas

Hands-on: **30** mins
Ready in: **35** mins

Eat me early

F Naturally gluten-free

This dish is lean, green and will keep you keen. Teriyaki is the perfect bold flavour when paired with robust salmon. It's such a good combo: all you need is a little green veg, some soft rice and some sesame seeds for the crunch.

Pantry Staples: Olive Oil, Water, Soy Sauce (or Tamari Soy Sauce), Honey, Sesame Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan with a lid, wooden spoon, garlic crusher, teaspoon, fine grater, small bowl, medium bowl, large frying pan, spatula, plate** and **aluminium foil**.



1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed.

TIP: Don't lift the lid while the rice is resting so you don't lose any steam!



2 GET PREPPED

While the rice is cooking, chop the **broccoli** into 2 cm florets and roughly chop the stalk. Peel and crush the **garlic**. Finely grate the **ginger** (unpeeled) until you have **2 tsp for 2 people / 1 tbs for 4 people**. Trim the **snow peas**.



3 MAKE THE TERIYAKI MARINADE

In a small bowl, combine the **soy sauce, garlic, ginger, honey** and **sesame oil**.
TIP: If you don't have any sesame oil, feel free to use olive oil. Place the **salmon** in a medium bowl and pour over **1/2** the teriyaki marinade.



4 COOK THE TERIYAKI SALMON

Heat a **drizzle** of **olive oil** in a large frying pan over a medium heat. Once hot, place the **salmon** in the pan and cook for **3-4 minutes**.
TIP: Lightly press the salmon fillets down with a spatula to ensure it cooks evenly. Flip the salmon and cook for a further **2-3 minutes** (depending on thickness), or until almost cooked through.



5 COOK THE SESAME GREENS

Return the pan to a medium-high heat. Add the **broccoli** and a **dash** of **water** and cook for **4 minutes**, or until starting to become tender. **TIP:** Adding some water will help the broccoli to cook faster! Add the **snow peas** and **sesame seeds** and cook for **2-3 minutes**, or until the vegetables are tender and the seeds are toasted. Pour over the **remaining teriyaki marinade** and cook for **1 minute**, or until heated through.



6 SERVE UP

Divide the steamed rice, sesame greens and Teriyaki style salmon between plates. Top with any remaining pan juices.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	1¼ cups	2½ cups
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
snow peas	1 packet	1 packet
soy sauce* (or tamari soy sauce)	¼ cup	½ cup
honey*	1½ tbs	3 tbs
sesame oil*	3 tsp	1½ tbs
salmon	1 packet	1 packet
sesame seeds	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (707Cal)	480kJ (115Cal)
Protein (g)	43.2g	7.0g
Fat, total (g)	23.6g	3.8g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	75.9g	12.3g
- sugars (g)	15.3g	2.5g
Sodium (g)	1440mg	233mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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