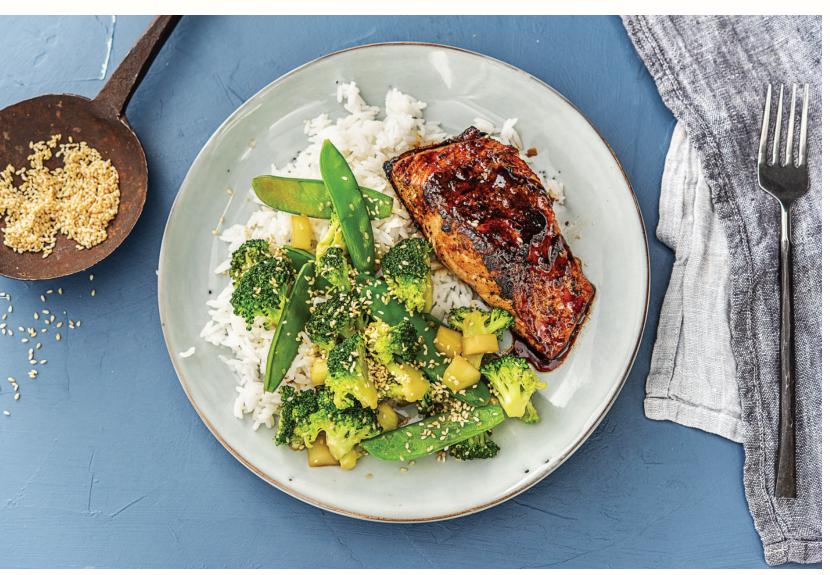


# TERIYAKI STYLE SALMON

with Steamed Rice & Sesame Greens



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.



Make your own teriyaki sauce!









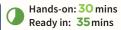




Jasmine Rice



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.



#### **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!



**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**.



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.



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.



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.



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

**ENJOY!** 

## **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

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