



# Teriyaki Glazed Salmon

with broccoli and rice

Classic 25-30 mins • Eat me first

2



Salmon



Garlic



Basmati Rice



Broccoli



Sesame Oil



Sesame Seeds



Teriyaki Sauce

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Lid, Pot

## Ingredients

|                | 2P        | 4P        |
|----------------|-----------|-----------|
| Salmon         | 200 g     | 400 g     |
| Garlic         | 2 units   | 4 units   |
| Basmati Rice   | 150 g     | 300 g     |
| Broccoli       | 1 unit    | 1 unit    |
| Sesame Oil     | 20 ml     | 40 ml     |
| Sesame Seeds   | 1 sachet  | 2 sachets |
| Teriyaki Sauce | 2 sachets | 4 sachets |

## Nutrition

|                          | Per serving              | Per 100g                |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 397.5 g                  | 100 g                   |
| Energy (kJ/kcal)         | 3363.4 kJ/<br>803.9 kcal | 846.1 kJ/<br>202.2 kcal |
| Fat (g)                  | 33.9 g                   | 8.5 g                   |
| Sat. Fat (g)             | 5.1 g                    | 1.3 g                   |
| Carbohydrate (g)         | 87.6 g                   | 22 g                    |
| Sugars (g)               | 22.6 g                   | 5.7 g                   |
| Protein (g)              | 36 g                     | 9 g                     |
| Salt (g)                 | 5.2 g                    | 1.3 g                   |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



### 1 Prep the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Melt 1 tbsp **butter** (double for 4p) in a medium pot on medium-high heat. Stir in the **garlic** and fry until fragrant, 1 min.
- Add in the **rice**, ¼ tsp **salt** and 300ml **water** (double both for 4p) then bring to the boil.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### 2 Cook the Rice

- Once boiling, turn the heat down to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



### 3 Bake the Salmon

- Meanwhile, lay the **salmon**, skin-side down, onto a lined baking tray.
- Season with **salt** and **pepper**.
- Once the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.



### 4 Cook the Veg

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Heat a drizzle of **oil** in a pan on high heat. Once hot, add the **broccoli** and fry for 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Allow to cook until the **broccoli** is tender, 4-5 mins.



### 5 Season the Veg

- Once the veg is cooked, transfer to a bowl and stir in half the **sesame oil**. Season with **salt** and **pepper**, cover to keep warm, then set aside.
- Wipe the (now empty) pan and pop back on medium heat.
- Toast the **sesame seeds** until light golden and set half aside.
- Pour the **teriyaki sauce** and remaining **sesame oil** into the pan. Stir together and cook until warmed through, 1-2 mins.



### 6 Finish and Serve

- Once the fish is cooked, carefully transfer it to the pan with the sauce (reheat the sauce first if needed).
- Turn the **salmon** in the sauce to evenly glaze it.
- When ready, fluff up the **garlic rice** with a fork and divide between your plates. Top with the **teriyaki salmon**, spooning over any sauce left in the pan.
- Sprinkle over the remaining **sesame seeds** and serve with the veg alongside.

Enjoy!