



# Teriyaki Glazed Salmon

with broccoli and rice

Quick Cook 25-30 mins • Eat me first

15



Salmon



Garlic



Rice



Broccoli



Sesame Oil



Sesame Seeds



Teriyaki Sauce

## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, lid, pan with lid, pot

## Ingredients

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	360 g	100 g
Energy (kJ/kcal)	3050.1 kJ/ 729 kcal	847.3 kJ/ 202.5 kcal
Fat (g)	32.1 g	8.9 g
Sat. Fat (g)	5.1 g	1.4 g
Carbohydrate (g)	75.3 g	20.9 g
Sugars (g)	12.9 g	3.6 g
Protein (g)	34.1 g	9.5 g
Salt (g)	2.7 g	0.7 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!



### Make the Rice

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Place a medium pot over medium-high heat with 1 tbsp **butter** (double for 4p). Once hot, fry the **garlic** for 1 min.
- Add **rice**, ¼ tsp **salt** and 300ml **water** (double both for 4p). Bring to the boil then lower heat to medium, cover and cook for 10 mins.
- Remove from heat and set aside until ready to serve (keep covered so rice can cook in its own steam).



### Toast the Seeds

- Wipe the (now empty) pan and return to medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, stirring regularly, until lightly toasted, 2-3 mins.
- Remove **half** from the pan.



### 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.



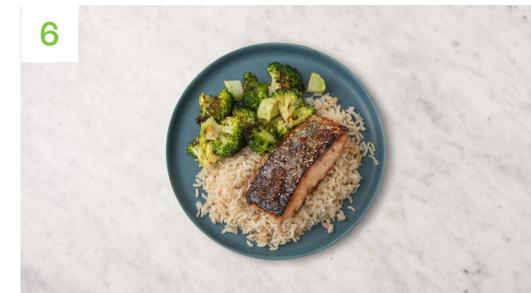
### Glaze the Salmon

- Pour the **teriyaki sauce**, 25ml **water** (double for 4p) and remaining **sesame oil** into the pan.
- Stir together and cook until warmed through, 1-2 mins.
- Once the **fish** is cooked, carefully add it to the pan (reheat the sauce first if needed).
- Turn the **salmon** in the sauce to evenly glaze it.



### Cook the Veg

- Meanwhile, cut the **broccoli** into florets (like small trees). Halve any large florets.
- Place a pan over high heat with a drizzle of **oil**. Once hot, fry the **broccoli** for 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.
- Once cooked, transfer to a bowl and stir in **half** the **sesame oil**. Season with **salt** and **pepper**, cover and set aside.



### Finish and Serve

- 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 **broccoli** alongside.

Enjoy!