



# Teriyaki Glazed Salmon with broccoli and garlic rice

Quick Cook 20 – 25 mins

15



Salmon



Garlic



Rice



Broccoli



Sesame Oil



Sesame Seeds



Teriyaki Sauce

Pantry Items: Oil, Butter, Salt, Pepper, Water



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## 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, pan with lid, pot with lid

## 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)	79.6 g	22.1 g
Sugars (g)	12.9 g	3.6 g
Protein (g)	34.1 g	9.5 g
Salt (g)	2.7 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## 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.

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### Make the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Place a pot over medium-high heat with a knob of **butter**.
- Once hot, fry the **garlic** for 1 min then 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 keep covered until ready to serve (the **rice** will continue to cook in its own steam).



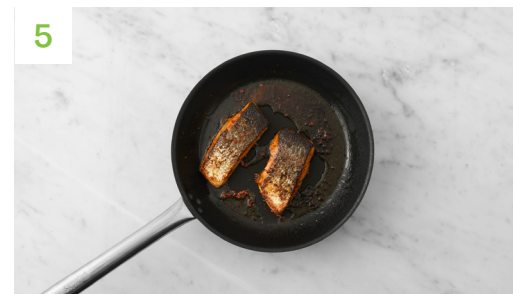
### Toast the Seeds

- Wipe the (now empty) pan and return to medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, shifting as they colour, until lightly toasted, 2-3 mins.
- Remove **half** the **seeds** 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 hands and equipment after handling raw fish. 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.
- Loosen the sauce with another splash of **water** if you feel it's too thick.
- Once the **fish** is cooked, carefully add it to the pan (reheat the sauce first if needed).
- Turn the **salmon** to coat in the glaze.



### Cook the Veg

- Meanwhile, trim the tip of the **broccoli**. Cut head into florets and stem into 2cm pieces.
- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** for 2-3 mins then 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 through **half** the **sesame oil**. Season with **salt** and **pepper**, cover to keep warm and set aside.



### Finish and Serve

- When everything is ready, fluff up the **garlic rice** with a fork and divide between plates.
- Top with the **teriyaki salmon**, spooning over any sauce left in the pan.
- Sprinkle over the remaining **sesame seeds**.
- Serve the **broccoli** alongside.

Enjoy!