



Teriyaki Glazed Salmon

with broccoli and rice

Classic 25-30 mins • Eat me first

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Salmon



Basmati Rice



Broccoli



Garlic



Teriyaki Sauce



Sesame Seeds



Sesame Oil

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

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	397.5 g	100 g
Energy (kJ/kcal)	3363.4 kJ/ 803.9 kcal	846.1 kJ/ 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?
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rate this recipe.



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 with a tight-fitting lid on medium-high heat. Stir in the **garlic** and fry until fragrant, 1 min.
- Add in the **rice**, ¼ tsp **salt** and the 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 fillets**, 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 in 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!