



Teriyaki Glazed Salmon on Garlic Rice

with Sesame Tenderstem® and Baby Corn

32

Salmon Special 25-30 Minutes • 1 of your 5 a day



Garlic Clove



Basmati Rice



Salmon Fillets



Tenderstem® Broccoli



Baby Corn



Roasted White Sesame Seeds



Sesame Oil



Teriyaki Sauce

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, baking tray, baking paper, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	5
Basmati Rice	150g	225g	300g
Salmon Fillets** 4)	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Baby Corn**	60g	90g	120g
Roasted White Sesame Seeds 3)	5g	7g	10g
Sesame Oil 3)	20ml	30ml	40ml
Teriyaki Sauce 11)	150g	225g	300g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 535g	Per 100g 100g
Energy (kJ/kcal)	3621 /865	677 /162
Fat (g)	36.5	6.8
Sat. Fat (g)	10.2	1.9
Carbohydrate (g)	92.5	17.3
Sugars (g)	27.3	5.1
Protein (g)	34.8	6.5
Salt (g)	4.33	0.81

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 4) Fish 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1 Prep your Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).

Melt the **butter** (see ingredients for amount) in a deep saucepan with a tight-fitting lid on medium-high heat. Stir in the **garlic** and fry until fragrant, 1 min.

Stir in the **rice** and cook until coated, 1 min.

Add $\frac{1}{4}$ **tsp salt** and the **water for the rice** (see pantry for amount), then bring to the boil.



4 Bring on the Veg

While the **salmon** bakes, halve any thick **Tenderstem® broccoli stems** and the **baby corn** lengthways.

After the **salmon** has baked for 5 mins, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **broccoli** and **baby corn** and stir-fry for 2-3 mins, then add a splash of **water** and immediately cover with a lid or foil.

Cook until tender, a further 4-6 mins.



2 Cook and Steam

Once the **water** is boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** to cook for 10 mins, then remove the pan 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).



5 Hey Sesame

Once the **veg** is cooked, transfer to a bowl, then stir in **half the sesame seeds** and **half the sesame oil**. Season with **salt** and **pepper**, cover to keep warm, then set aside.

Pop the (now empty) frying pan back on medium heat.

Pour in the **teriyaki sauce** and remaining **sesame oil**. Stir together and cook until warmed through, 1-2 mins.



3 Bake the Salmon

Meanwhile, lay the **salmon fillets**, skin-side down, onto a baking tray lined with baking paper. Season with **salt** and **pepper**.

When 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. It's cooked when opaque in the middle.



6 Finish and Serve

Once the **fish** is cooked, carefully transfer it to the pan of **teriyaki sauce** (reheat first if needed), then turn in the **sauce** to evenly glaze it.

When ready, fluff up the **garlic rice** with a fork and share between your plates. Top with the **teriyaki salmon**, spooning over any **sauce** left in the pan.

Serve with the **sesame veg** and sprinkle with the remaining **sesame seeds**.

Enjoy!