

Japanese Izakaya Style Feast

Teriyaki Salmon, Miso Glazed Chicken, Sweet Chilli, Gyoza, Smacked Cucumber and Rice

Takeaway Feast

45-50 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Cucumber



Rice Vinegar



Soy Sauce



Roasted White Sesame Seeds



Miso Paste



Maple Syrup



Salmon Fillets



Ginger Puree



British Chicken Thighs



Vegetable Gyoza



Steamed Basmati Rice



Teriyaki Sauce



Sweet Chilli Sauce

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, rolling pin, bowl, frying pan, baking tray and saucepan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Cucumber**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g
Miso Paste 11)	22g	37g	44g
Maple Syrup	2 sachets	3 sachets	4 sachets
Salmon Fillets** 4)	2	3	4
Ginger Puree	15g	22g	30g
British Chicken Thighs**	4	6	8
Vegetable Gyoza** 11) 13) 14)	1 pack	1½ packs	2 packs
Steamed Basmati Rice	1	1½	2
Teriyaki Sauce	100g	150g	200g
Sweet Chilli Sauce	48g	80g	96g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	838g	100g
Energy (kJ/kcal)	5148 / 1230	614 / 147
Fat (g)	54.8	6.5
Sat. Fat (g)	12.5	1.5
Carbohydrate (g)	71.5	8.5
Sugars (g)	44.3	5.3
Protein (g)	79.6	9.5
Salt (g)	7.49	0.89


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

Allergens

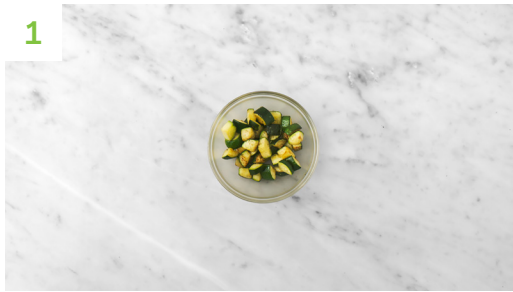
3) Sesame **4)** Fish **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Trim the **cucumber**, then pop it onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

Add the **cucumber** to a medium bowl with the **rice vinegar**, **soy sauce**, **sugar for the pickle** (see pantry for amount) and **half the sesame seeds**. Season with **salt** and **pepper**. Set aside to pickle.



Bake your Gyozas and Salmon

When the oven is hot, roast the **salmon** and **gyozas** on the top shelf until the **salmon** is cooked through and the **gyozas** are golden, 10-15 mins. Turn the **gyozas** halfway through. **IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.**



Finish the Prep

Prep your **miso glaze** by combining the **miso**, **maple syrup** and **water for the sauce** (see pantry for amount) in a small bowl. Set aside.

Add the **salmon** to another medium bowl with the **garlic**, **ginger puree** and a drizzle of **oil**. Season with **salt** and **pepper** and toss to coat. Set aside. **IMPORTANT: Wash your hands and equipment after handling raw fish and its packaging.**



Bring on the Rice

When the **salmon** has 5 mins left, cook the **rice** according to pack instructions.

Pop a small saucepan on medium-high heat. Add the **teriyaki sauce** and simmer until piping hot, 1-2 mins. Add a splash of **water** if you feel it needs it.

Once the **chicken** has cooked through, add your **miso glaze** to the pan. Cook until thickened and it coats the **chicken** nicely, 1-2 mins.



Bake the Salmon

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**

While the **chicken** fries, pop the **gyozas** onto one side of a lined baking tray and drizzle with **oil**. Toss to coat. Place the **salmon fillets**, skin-side down, onto the other side of the tray.



Serve your Feast

Serve your **salmon** in a bowl and pour over the **teriyaki sauce**. Serve the **miso chicken** in another bowl, spoon over any remaining **sauce** left in the pan. Sprinkle the remaining **sesame seeds** over the **salmon** and **chicken**.

Transfer your **gyozas**, **smacked cucumber** and **rice** to appropriately sized bowls and plates.

Serve the **sweet chilli sauce** in a small bowl alongside for dipping.

Share and tuck in.

Enjoy!