



Pan-Fried Salmon and Teriyaki Veggies

with Ginger-Garlic Jasmine Rice

Quick

Spicy

25 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Salmon Fillets,
skin-on



Double Salmon Fillets,
skin-on



Jasmine Rice



Zucchini



Carrot



Ginger-Garlic Puree



Teriyaki Sauce



Spicy Mayo

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SHANGHAI BOK CHOY

This leafy green vegetable is a form of Chinese cabbage!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, medium pot, vegetable peeler, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Jasmine Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Carrot	170 g	340 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Spicy Mayo 🍷	2 tbsp	4 tbsp
Sugar*	1 ½ tsp	3 tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **half the ginger-garlic puree** and **rice**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



4 Make teriyaki glaze

- Meanwhile, combine **teriyaki sauce**, **remaining ginger-garlic puree**, **1 ½ tsp** (3 tsp) **sugar** and **¼ cup** (½ cup) **water** in a small bowl.



2 Prep

- Peel, then halve **carrot** lengthwise. Cut into ⅛-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.



5 Cook veggies

- Heat the same pan (from step 3) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **carrots**, and **zucchini**. Cook, stirring often, until tender-crisp, 4-5 min.
- Remove the pan from heat, then add **teriyaki glaze**. Stir to coat.



3 Cook salmon

- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 2-3 min per side.**
- Transfer **salmon** to a plate, then cover to keep warm.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**.



6 Finish and serve

- Fluff **rice** with a fork. Season with **salt**, then stir to combine.
- Divide **rice** and **veggies** between plates. Top with **salmon**.
- Spoon **any remaining teriyaki glaze** from the pan over top.
- Drizzle with **spicy mayo**.



Issue with your meal?
Scan the QR code to
share your feedback.

Dinner Solved!