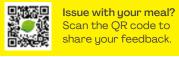


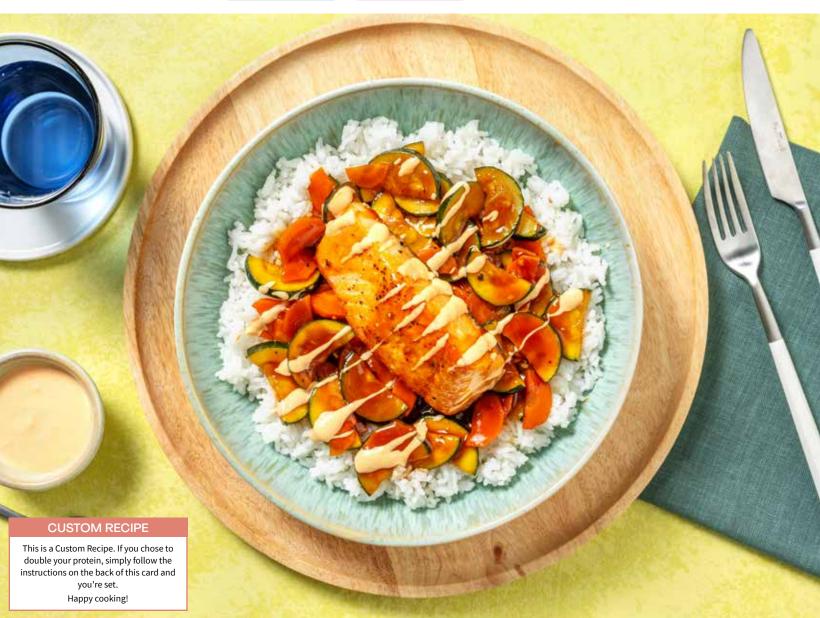
Pan-Fried Salmon and Teriyaki Veggies

with Ginger-Garlic Jasmine Rice

Quick

Spicy 25 Minutes







Salmon Fillets skin-on





Jasmine Rice



Zucchini



Carrot



Ginger-Garlic Puree



Teriyaki Sauce



Spicy Mayo

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), within steps Ingredient

Bust out

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

oil

Ingredients

9		
	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.



- 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 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 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.



Prep

- Peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Halve zucchini lengthwise, then cut into 1/4-inch half-moons.



Cook salmon

- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp (2 tbsp) oil, then salmon, skin-side down. Pan-fry until goldenbrown 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**.



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



- Heat the same pan (from step 3) over medium.
- When hot, add 1/2 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.



- 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.



Dinner Solved!