



Pan-Fried Salmon and Teriyaki Veggies

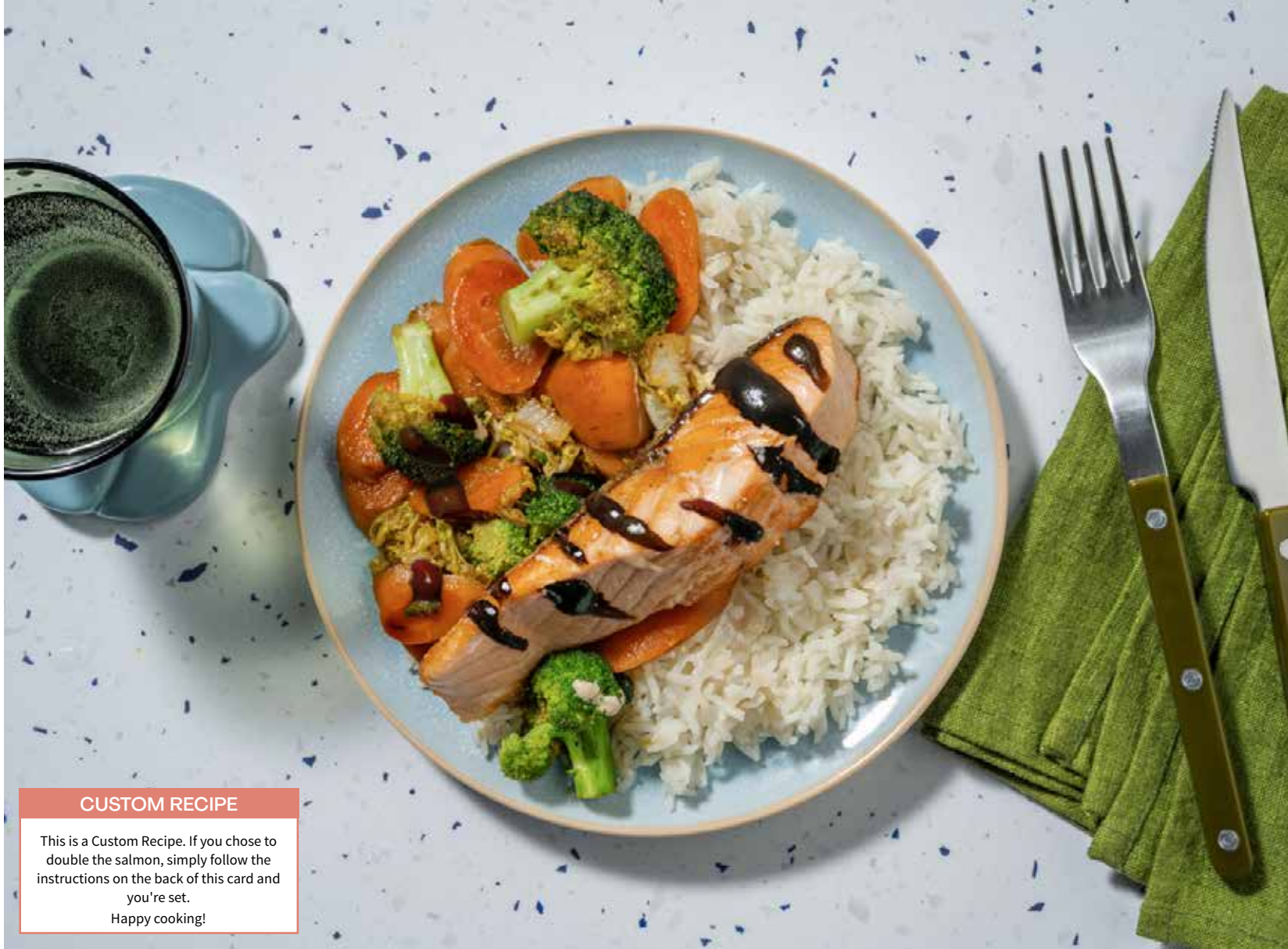
with Ginger-Garlic Jasmine Rice

20-min meal

Spicy



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double the salmon, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Salmon Fillets, skin-on



Jasmine Rice



Ginger-Garlic Puree



Spicy Mayo



Double Salmon fillets, skin-on



Vegetable Mix



Teriyaki Sauce

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds Japanese-influenced flavour to any dish!

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, 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
Vegetable Mix	170 g	340 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Spicy Mayo 🌶️	2 tbsp	4 tbsp
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.



Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **rice**. Stir to coat.
- Add **half the ginger-garlic puree**. 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.



Cook veggies

- Heat the same pan (from step 2) over medium.
- While pan heats, cut any large **broccoli florets** into 1-inch pieces.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **¼ cup** (½ cup) **water** and **vegetable mix**. Cook, stirring often, until **liquid** has absorbed and **veggies** are tender-crisp, 4-5 min.
- Remove the pan from heat, then add **teriyaki glaze**. Stir to coat.



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**.** Work in batches, if necessary.



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**.

Dinner Solved!



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