

## Sweet Teriyaki Salmon with Carrots & Green Beans

⌚ 35 Mins  
Kcal 838 | P 47 g | C 102 g | F

30g

Family Friendly

Enjoy Teriyaki-glazed Salmon served with crunchy Carrots and Green Beans, with rice and edamame.
















# Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking. Boil a cooking pot of measured water.

# What you'll need

Chopping board, knife, cooking pot, salt, cooking pan, oil and black pepper.

# Ingredients (2 persons)

-  Ginger 5GR
-  Home Made Teriyaki Sauce 140ML
-  Salmon Fillet 280GR
-  Water for Rice 450ML
-  Brown Rice 150GR
-  Edamame Beans 40GR
-  Carrot 200GR
-  Green Beans 100GR
-  Spring Onion 10GR
-  Mixed Sesame Seeds 2GR
-  Home Made Spicy Pickled Cucumbers 150GR

## Method



### Marinate the Salmon

Preheat your oven to 220°C (200°C for fan ovens), or gas mark 7. For the **salmon**, blend **ginger** with 3/4 of **teriyaki sauce** in a bowl, then marinate the **salmon** in this mixture for 10-15 minutes to infuse the flavors.



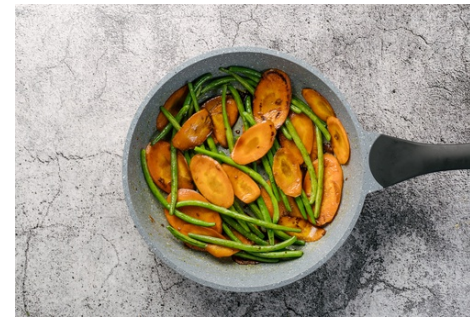
### Bake the Salmon

Bake the **marinated salmon** in the preheated oven for 8-12 minutes, until it's opaque and flakes easily with a fork.



### Cook the Rice

Wash and rinse the **rice**. Bring a pot of **water** to a boil, season with **salt**, then stir in the **rice**. Boil it uncovered for 5-7 minutes, then cover and simmer on low heat for 15 minutes. Once done, fluff it up and mix in the **edamame** to combine.



### Pan-fry the Veggies

Heat a pan with **olive oil** over medium-high heat, add the **carrots**, cooking until they start to char, then **green beans**. Stir in the **teriyaki sauce** and allow the mixture to simmer for 2-4 minutes, combining the flavors.



### Prep the Ingredients

Prepare the **vegetables** by trimming the **green beans** and slicing the **carrots** and **spring onions** diagonally.



### Serve and Enjoy!

Plate the **rice mixture**, topping it with the **cooked vegetables**. Place the **baked salmon** alongside and with **spicy pickled cucumber** for an added zest.

Allergens Sesame Gluten Soy Fish