

Teriyaki Salmon with Roasted Zucchini and Jasmine Rice

hellóchef

This dish is a great introduction to Asian flavours.

Cals 788 • Prot 48 • Carbs 98 • Fat 29

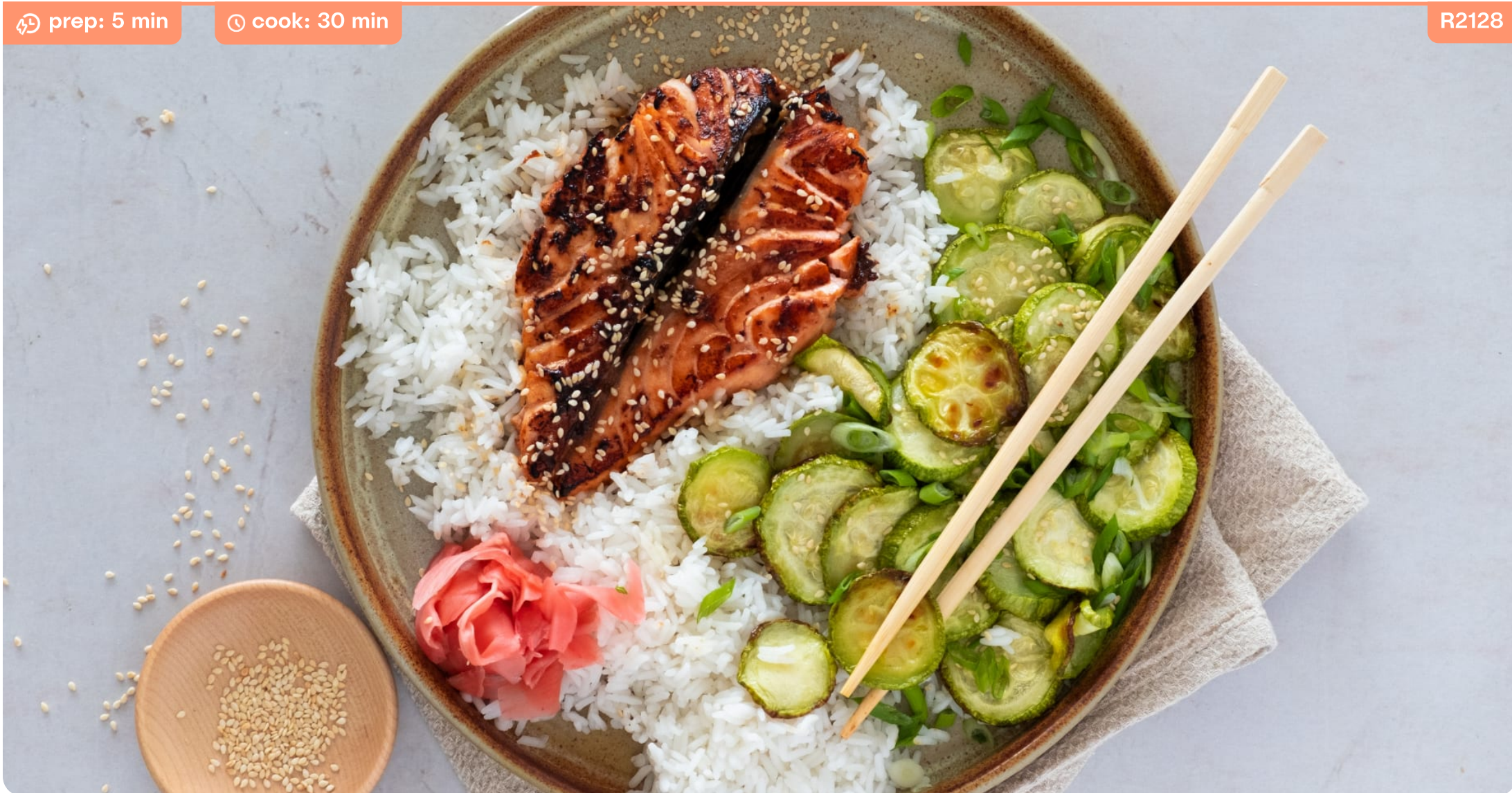
Quick Prep

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⚡ prep: 5 min

🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Teriyaki sauce 8*, 9*, 10*	40	60	80	ML
Soy sauce 9*, 10*, 11*	10	20	20	ML
Brown sugar	5	10	10	Grams
Oyster sauce 8*, 10*	20	30	40	Grams
Zucchini				
Small zucchini	4	6	8	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp
To serve				
Sesame seeds 3*	10	15	20	Grams
Spring onion	40	60	80	Grams
Sushi ginger	40	60	80	Grams

Allergens

*6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3277 / 788
Fat (g)	29.1
of which saturates (g)	5.6
Carbohydrate (g)	98
of which sugars (g)	12.4
Fiber (g)	5.9
Protein (g)	48.1
Salt (g)	3.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Preheat the oven to 220°C/200°C fan. Add the **jasmine rice**, the **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



2 Roast zucchini

Meanwhile, slice the **zucchini** finely. Arrange the **zucchini** slices on a lined baking tray. Drizzle them with **oil**, season with **salt** and bake for 12 min. Meanwhile, peel and grate the **garlic** and **ginger** directly into a bowl. Add the **teriyaki sauce**, **soy sauce**, **brown sugar** and **oyster sauce**. **Tip!** If using an air fryer, preheat to 180°C. Add the zucchini slices to the air fryer basket with a drizzle of oil and pinch of salt. Air fry for 8-10 min, until cooked through.



3 Prep salmon

Portion the **salmon** into individual **fillets**. Using a sharp knife, make a deep incision along each **salmon fillet**, length ways. The incision should reach through to the skin of the **salmon**, but not slice through it. Finally, turn each **salmon** piece out as though opening a book. The intact **salmon** skin should function as the book's spine. Turn the **salmon** in the **sauce**.



4 Bake salmon

Make space on the **zucchini** tray and add the **salmon** to it (drizzle any leftover marinade over the top). Return the tray to the oven for 10-15 min or until the **salmon** is cooked through but still juicy. **Tip!** Cook the salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out. If using an air fryer, remove the cooked zucchini and add the salmon portions to the air fryer basket. Air fry for 10-12 min or until cooked through.



5 Toast sesame

Meanwhile, toast the **sesame seeds** in a hot, dry pan for 2 min or until starting to **brown**. Finely slice the **spring onion**.



6 Serve

Serve the **salmon** and **zucchini** over the cooked **rice**. Serve the **sushi ginger** to the side. Garnish with the toasted **sesame seeds** and the chopped **spring onion**.