

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

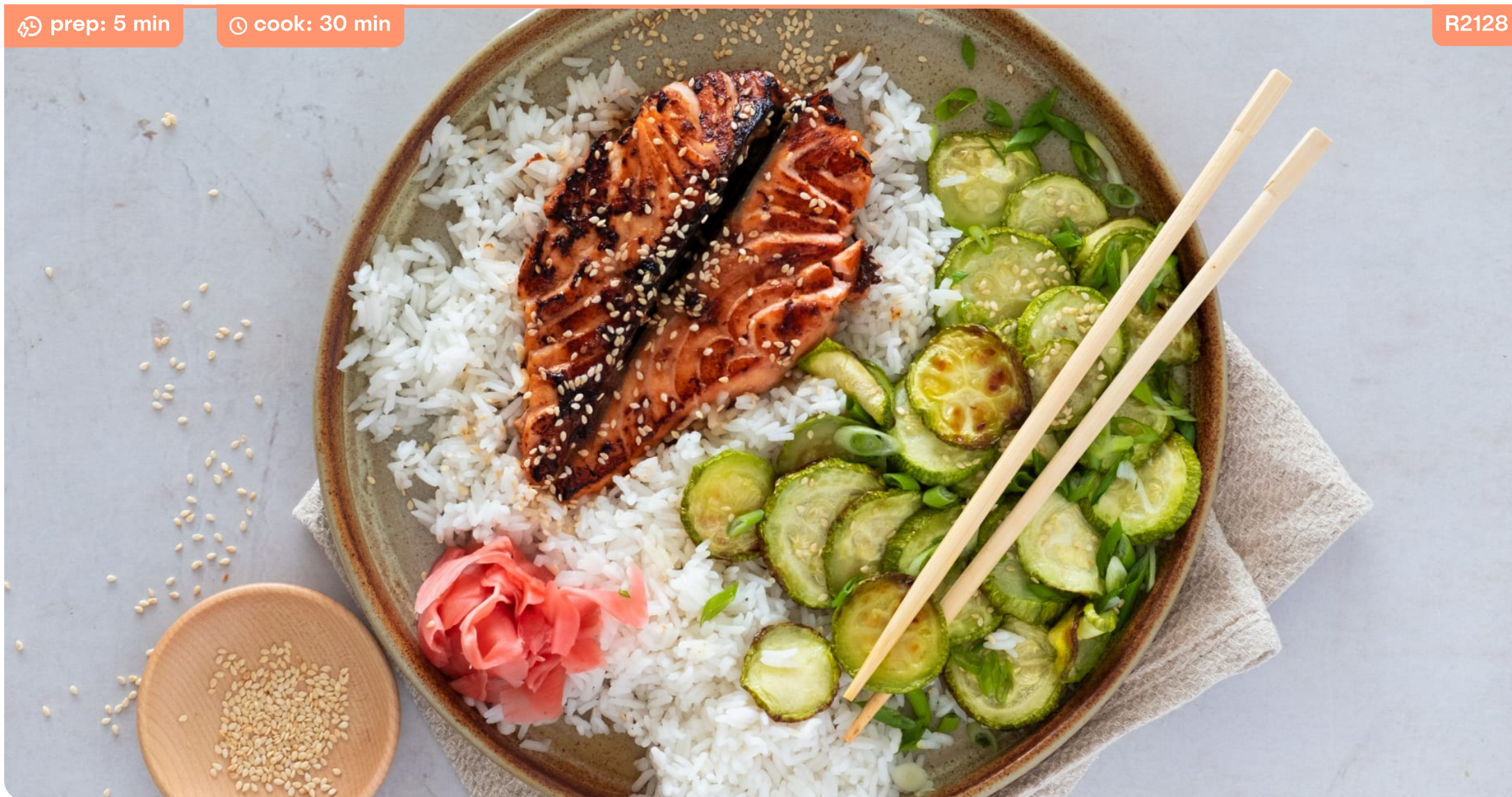
Quick Prep

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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**.



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.



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**.