

# Salmon Teriyaki

with Snow Pea Jasmine Rice

Sticky, sweet, flaky salmon – what's not to like?!

Cals 750 • Prot 49 • Carbs 100 • Fat 22

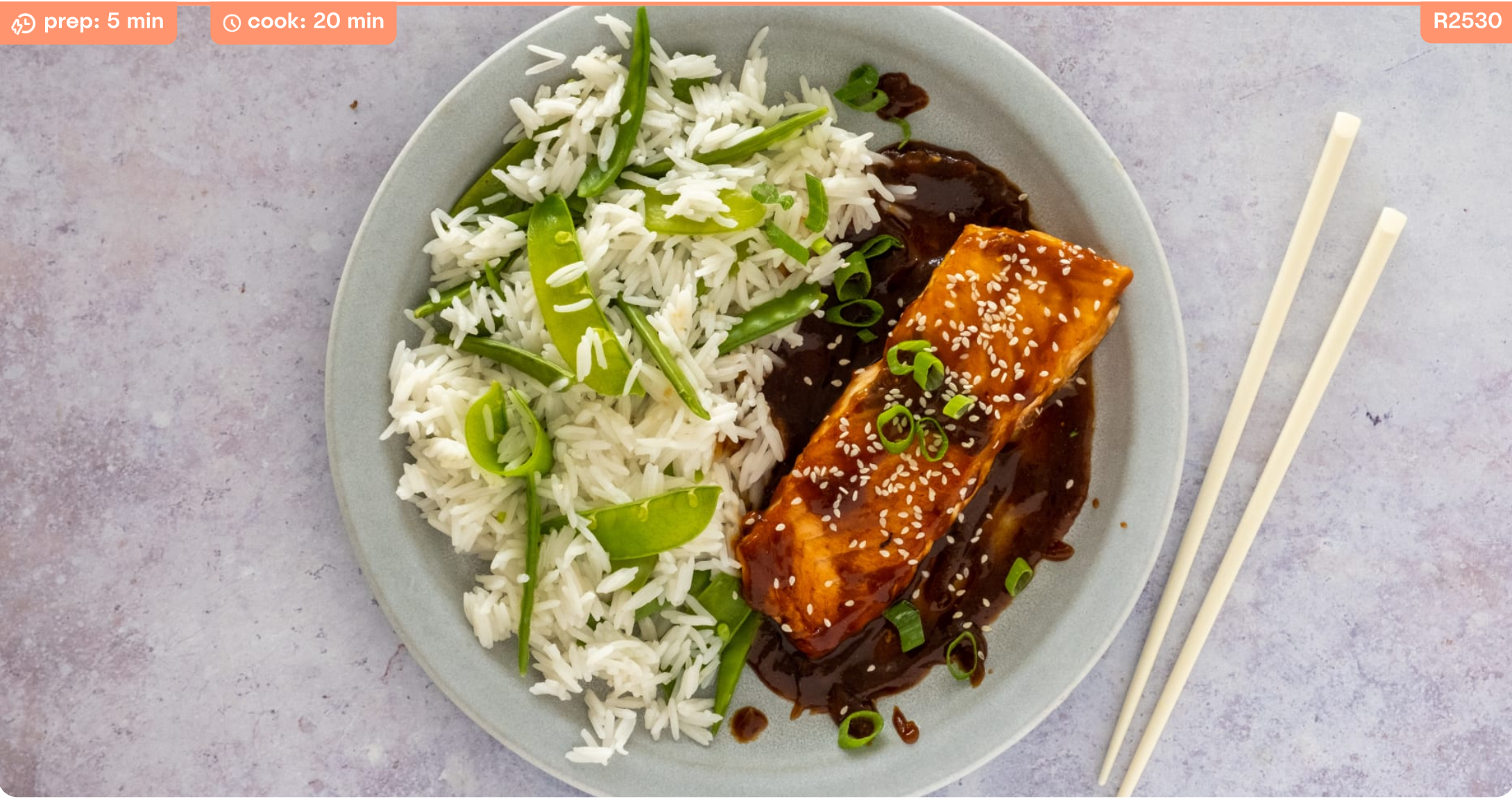
Quick Prep

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⚡ prep: 5 min

🕒 cook: 20 min

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Before you start

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

Ingredients

Teriyaki salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet <b>6*</b>	350	525	700	Grams
Spring onion	40	60	80	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	15	20	30	Grams
Teriyaki sauce <b>8*, 9*, 10*</b>	40	60	80	ML
Honey	15	15	30	Grams
Hoisin sauce <b>3*, 9*, 10*</b>	40	60	90	Grams
Soy sauce <b>9*, 10*, 11*</b>	10	20	20	ML
White vinegar	15	22	30	ML
Sesame oil <b>3*, 9*</b>	15	22	30	ML
Sesame seeds <b>3*</b>	10	15	20	Grams
Rice				
Snow peas	100	150	200	Grams
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp

Allergens

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

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)	3120 / 750
Fat (g)	21.7
of which saturates (g)	5.2
Carbohydrate (g)	100
of which sugars (g)	22.4
Fiber (g)	4.5
Protein (g)	48.8
Salt (g)	3.8

\*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

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot 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.



2 Prep vegetables

Meanwhile, trim and halve the **snow peas**. Trim and finely slice the **spring onions**. Once the **rice** is cooked, remove it from the heat. Add the **snow peas** and cover with a lid until serving.



3 Fry salmon

Meanwhile, portion the **salmon**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and fry for 3-4 min on each side or until cooked through. Once the **salmon** is cooked, transfer it to a plate. Wipe and reserve the pan.

**Tip!** Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



4 Make sauce

Meanwhile, in a small bowl, combine the **ginger garlic paste, teriyaki sauce, honey, hoisin sauce, soy sauce, white vinegar** and **sesame oil** - this is your **teriyaki sauce**.



5 Glaze salmon

Return the reserved pan to a medium heat. Once hot, add the **sauce** and simmer for 1-2 min. Remove the pan from the heat and return the cooked **salmon fillets** to it. Turn the **salmon** in the **sauce** until coated.

**Tip!** Add a splash of water if the sauce thickens too much.



6 Serve

Divide the **snow pea** and **jasmine rice** among bowls. Top with the **teriyaki salmon** and garnish with the **spring onions** and **sesame seeds**.