



## Tips For Fussy Eaters

Cook the snow peas and rice separately.

## Pro 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.

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

**Cooking Time: 20 min | Dairy-Free**

**Cals 818 | Prot 50 | Carbs 85 | Fat 32**



## Ingredients

For 2 For 3 For 4

### Teriyaki salmon

Skinless salmon fillet	350	525	700	Grams
Spring onion	40	60	80	Grams
Olive oil	1	1	2	Tbsp
Ginger powder	5	8	10	Grams
Garlic powder	5	8	10	Grams
Teriyaki sauce	40	60	80	ML
Honey	15	15	30	Grams
Hoisin sauce	20	30	40	Grams
Soy sauce	20	30	40	ML
White vinegar	15	22	30	ML
Sesame oil	15	22	30	ML
Sesame seeds	10	15	20	Grams

### Rice

Snow peas	100	150	200	Grams
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp



## 1 Prep vegetables

Halve the **snow peas**. Trim and finely slice the **spring onions**.



## 2 Boil rice

Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low and cook with the lid on for 10-12 min until the water has absorbed. Once cooked, remove from the heat. Add the **snow peas** and cover with a lid until serving.



## 3 Fry salmon

Meanwhile, portion the **salmon**. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** and fry for 3-4 min on each side or until cooked through. Once the **salmon** is cooked, transfer it to a plate. Reserve the pan and wipe it clean with kitchen paper.



## 4 Prepare sauce

Meanwhile, in a bowl, whisk the **ginger powder**, **garlic powder**, **teriyaki sauce**, **honey**, **hoisin sauce**, **soy sauce**, **white vinegar** and **sesame oil** together. This is your **teriyaki sauce**.



## 5 Finish

Return the pan to a medium heat, add the **sauce** and simmer for 1-2 min. Remove the pan from the heat and return the cooked **salmon fillets** to it, coating them in the **sauce**.



## 6 Serve

Serve the **teriyaki salmon** over the **basmati rice** and garnish with the sliced **spring onions** and **sesame seeds**.