



TERIYAKI SALMON

with Green Beans and Jasmine Rice

MAKE
FIRST

FAMILY



HELLO

CRISPY SALMON

Starting to cook the salmon in a cold pan, skin-side down, makes its skin deliciously crispy



Salmon Fillets,
skin-on



Ginger



Green Beans,
trimmed



Green Onions



Jasmine Rice



Teriyaki Sauce

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 552

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Measuring Cups
- Zester
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

4-person

- Salmon Fillets, skin-on **0** 570 g
- Ginger 60 g
- Green Beans, trimmed 340 g
- Green Onions 4
- Jasmine Rice 1 ½ cup
- Teriyaki Sauce **4,9** 4 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 6** Mustard/Moutarde
- 1** Wheat/Blé
- 7** Peanut/Cacahuète
- 2** Milk/Lait
- 8** Sesame/Sésame
- 3** Egg/Oeuf
- 9** Sulphites/Sulfites
- 4** Soy/Soja
- 10** Crustacean/Crustacé
- 5** Tree Nut/Noix
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

Remove the teriyaki sauce from the fridge and set aside until Step 6. This will allow the sauce to get to the perfect temperature for drizzling.



1 PREP Wash and dry all produce.* Peel, then zest or mince **2 tbsp** ginger. Thinly slice the **green onions**, keeping the **green** and **white** parts separate.



2 COOK RICE Heat a medium pot over medium heat. When pot is hot, add **1 tbsp** oil, then **ginger** and **green onion whites**. Cook until fragrant, 1 min. Add the **rice** and toast, 1-2 min. Add **2 ¾ cups** water. Cover and bring water to a boil over high heat. Once boiling, reduce heat to medium-low. Cook (still covered) until rice is tender and water has been absorbed, 12-14 min.



3 COOK FISH Meanwhile, pat the **salmon** dry with paper towels. Season with **salt** and **pepper**. In a cold, large non-stick pan, add the salmon, skin-side down. Heat the pan over medium-high heat and cook until the skin is crispy, 6-7 min. Flip the salmon over and cook until cooked through in the centre, 1-2 min. (**TIP:** Cook to a minimum internal temp of 70°C/158°F, as size may vary.**)



4 COOK BEANS When the **salmon** is done, transfer to a plate, skin-side up, and set aside. Add **1 tbsp** oil to the same pan, then the **beans**. Cook, stirring occasionally, until the beans are tender-crisp, 5-6 min. Season with **salt** and **pepper**.



5 FINISH AND SERVE Fluff the **rice** with a fork and season with **salt**. Divide the rice between plates, then top with the **beans** and **salmon**. Drizzle over the **room temp. teriyaki sauce** and sprinkle with the **green onion greens**.

WOW!

Adding onion and ginger to rice, creates a unique flavour that ties everything together!