



CRISPY TERIYAKI SALMON

with Green Beans and Jasmine Rice

MAKE FIRST

PRONTO



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: 30 MIN | CALORIES: 667

BUST OUT

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

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skin-on 0 285 g | 570 g
- Ginger 30 g | 60 g
- Green Beans, trimmed 170 g | 340 g
- Green Onions 2 | 4
- Jasmine Rice ¾ cup | 1 ½ cup
- Teriyaki Sauce 1,4,9 2 tbsp | 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.

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

*Laver et sécher tous les aliments.



START STRONG

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



1 PREP Wash and dry all produce.* Peel, then mince or grate **1 tbsp** ginger (double for 4 ppl). Thinly slice the **green onions**, keeping the **green** and **white** parts separate.



2 COOK RICE Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **ginger** and **green onion whites**. Cook until fragrant, 1 min. Add the **rice** and toast, 1-2 min. Add **1 ½ cups salted water** (double for 4 ppl). Bring to a boil over high heat. Reduce the heat to medium-low. Cover and cook until the rice is tender and the 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 opaque in the centre and cooked through, 1-2 min.



4 COOK BEANS When the **salmon** is done, transfer to a plate, skin side up and set aside. Add a drizzle of **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**. Remove the pan from the heat and transfer the green beans to a plate.



5 WARM SAUCE Reduce the heat to medium-low heat. Add the **teriyaki sauce** to the same pan, stirring often, until the sauce is warmed through, 1 min.



6 FINISH AND SERVE Fluff the **rice** with a fork and divide between plates. Top with the **beans** and **salmon**. Drizzle over the **teriyaki sauce** and sprinkle with **remaining green onions**.

SAUCE IT UP!

Drizzle that warm teriyaki sauce on everything!