




Teriyaki Salmon



 10 min

 20 min

 4 Servings








INGREDIENTS

- ☐ Rice (300 g)
- ☐ Salmon Fillets (4)
- ☐ Green Beans (450 g)
- ☐ Carrots (2)
- ☐ Teriyaki Sauce (1/2 cup)
- ☐ Olive Oil (2 tbsp)
- ☐ Green Onion (2)
- ☐ Sesame Seeds (1/2 tsp)

PREPARATION

Thinly slice the green onion, peel and cut the carrots into slices.

COOKING

-  In a large saucepan of 2 cups water, cook rice according to package instructions and set aside.
-  Preheat oven to 205°C. Lightly oil a baking sheet or coat with nonstick spray.
-  Place salmon, green beans and carrots in a single layer onto the prepared baking sheet.
-  Spoon teriyaki sauce over the salmon.
-  Drizzle green beans and carrots with olive oil, season with salt and pepper to taste.
-  Place into oven and cook until the fish flakes easily with a fork, about 15 minutes.
-  Serve with rice, garnished with green onions and sesame seeds.

