



Sesame Teriyaki Salmon on Toasted Coconut Rice with Garlic Sesame Tenderstem® and Green Beans

29

Premium 30 Minutes • 1 of your 5 a day



Basmati Rice



Desiccated Coconut



Garlic Clove



Bok Choy



Green Beans



Tenderstem® Broccoli



Black Sesame Seeds



Sesame Oil



Salmon Fillet



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan, garlic press, aluminium foil and bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Desiccated Coconut	15g	22g	30g
Garlic Clove**	2	3	4
Bok Choy**	1	2	2
Green Beans**	80g	120g	150g
Tenderstem®	150g	200g	300g
Broccoli**			
Black Sesame Seeds 3)	1 sachet	2 sachets	2 sachets
Sesame Oil 3)	1 sachet	1 sachet	1 sachet
Salmon Fillet** 4)	2	3	4
Teriyaki Sauce 11)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	3389 /810	808 /193
Fat (g)	34	8
Sat. Fat (g)	9	2
Carbohydrate (g)	84	20
Sugars (g)	16	4
Protein (g)	32	8
Salt (g)	2.17	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and $\frac{1}{4}$ **tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Greens

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat. Once hot, add the **green beans** and **Tenderstem®**. Stir-fry until starting to char, 3-4 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Add the **bok choy** and a splash of **water**, then immediately cover with a lid or some foil. Allow to cook until the **veggies** are tender, 5-6 mins. Once cooked, transfer to a bowl and season with **salt** and **pepper**. Stir in **half the black sesame seeds** and **half the sesame oil**. Cover to keep warm and set aside.



Toasting Time

While the **rice** cooks, heat a large frying pan on medium heat (no oil). Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** *Watch it like a hawk as it can burn easily.* Transfer to a small bowl.



Cook the Salmon

Meanwhile, pop another large frying pan on medium-high heat with a drizzle of **oil**. Season the **salmon** on both sides with **salt** and **pepper**. Once hot, carefully place the **salmon** into the pan, skin-side down. Cook for 4-5 mins before turning over and cooking for 3-4 mins on the other side. **TIP:** *To get crispy skin on the fish, don't move it around when it's cooking skin-side down.* **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



Prep the Veg

Peel and grate the **garlic** (or use a garlic press). Trim the root from the **bok choy**, then thinly slice widthways. Trim the **green beans**. Halve any thick **broccoli stems** lengthways.



Finish and Serve

Just before the **fish** is cooked, mix together the **teriyaki sauce**, remaining **sesame seeds** and **sesame oil** in a small bowl. Remove the **fish** from the heat, then add the **sauce** and turn the **salmon** to glaze it. Fluff up the **rice** with a fork and stir through the **toasted coconut**. Divide the **rice** between your plates and top with the **salmon**. Spoon over any **sauce** left in the pan and serve the **sesame veg** alongside.

Enjoy!