

Teriyaki Salmon Bowl

Ingredients

- 37 g Maggi Pan Perfect Teriyaki
- 600 g Salmon Fillets
- 20 g sesame seeds
- 1 tablespoon sunflower or vegetable oil
- 240 g Sticky rice (uncooked), basmati or brown rice
- 2 Mediums Carrots, peeled and finely sliced into matchsticks
- 200 g Baby Spinach
- 0.5 bunch spring onions, sliced
- 200 g edamame beans
- 1 Medium lime (optional, to serve)

Instructions

1. Sprinkle the sesame seeds onto a plate and dip the salmon fillets into the seeds to create a sesame crust on top of each fillet.
2. Heat 1 tablespoon of oil in a frying pan over a low to medium heat and fry the salmon for a few minutes on each side until the seeds are browned and the fish is cooked through. Transfer the fish to a plate and cover to keep warm. Cook the rice according to the pack instructions.
3. Mix the teriyaki sauce seasoning with the water as directed on the pack and add to the pan that the salmon was cooked in. Heat until bubbling, stirring occasionally until you have a thickened sticky sauce.
4. Briefly stir fry the edamame and spinach until just wilted. Serve everything together, glazed with the sauce and dive in!

Nutrition

Carbohydrate	67.06 g
Energy	590.88 kcal
Fat	16.06 g
Fibre	6.44 g
Protein	44.17 g
of which: saturates	2.4 g
Sodium	577.07 mg
of which: sugars	7.85 g

20 Minutes

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