



Teriyaki Salmon Stir Fry

Ingredients

- 1 tablespoon Dried Sesame
- 500 g Salmon Fillets
- 300 g Red pepper
- 150 g spring onions, sliced
- 37 g Maggi Pan Perfect Teriyaki
- 1 tablespoon sunflower or vegetable oil
- 300 g baby pak choi, chopped into thick slices
- 240 g basmati rice, uncooked (optional)

Instructions

1. Toast the sesame seeds in a pan without oil until golden brown.
2. Cut the salmon fillets into cubes. Wash the pepper, remove the seeds and white inner skin and cut into strips. Clean and wash the baby pak choi, remove the stalk and cut into pieces.
3. Cook the rice according to the pack instructions, drain and keep warm.
4. Heat oil in a non-stick pan until hot. vegetables in it. Fry for about 3 minutes. Add the salmon cubes, mix everything together and fry over medium heat for approx. 3 minutes. Mix the Maggi Pan Perfect Teriyaki mix with 150ml water until smooth. Pour the sauce into the pan with the salmon and veg. Turn carefully so that the salmon cubes do not fall apart. Sprinkle with sesame seeds and serve with the rice.

Nutrition

Carbohydrate	32.69 g
Energy	527.95 kcal
Fat	19.13 g
Fibre	4.95 g
Protein	57.17 g
of which: saturates	2.88 g
Sodium	1092.54 mg
of which: sugars	19.22 g

30 Minutes

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