



Teriyaki Salmon Rice Bowl

Ingredients

- 37 g Maggi Pan Perfect Teriyaki
- 500 g Salmon Fillets
- 1 pinch Pepper
- 2 tablespoons Olive Oil
- 500 g Microwave Brown Rice
- 350 g Stir fry vegetables
- 1 courgette, sliced
- 200 g Green Beans

Instructions

1. Wash the salmon fillets, pat dry and cut into cubes. Season with salt and pepper.
2. Heat 1 tablespoon of oil in a pan. Briefly fry the salmon cubes on all sides. Make the Teriyaki sauce by mixing the seasoning with 150ml cold water and heating the sauce in a pan for 5 minutes until thickened. Pour half the teriyaki sauce over and caramelize, stirring the chunks of salmon into the sauce and keep warm over low heat. Reserve the remaining sauce to serve with the dish later.
3. Heat the rice as per the instructions on the pack. Heat 1tbsp oil in another pan and stir fry the vegetables for 3-4 minutes. Add the rice and stir fry for a further 1-2 minutes.
4. Add the cooked teriyaki salmon to the rice and veg and serve in bowls with extra sauce as you like.

Nutrition

Carbohydrate	57.26 g
Energy	555.04 kcal
Fat	20.38 g
Fibre	5.58 g
Protein	34.11 g
of which: saturates	2.89 g
Sodium	521.63 mg
of which: sugars	12.56 g

19 Minutes

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