

Salmon Teriyaki With Green Beans & Sweetcorn Rice

Serves 4

4 salmon fillets (5 oz./150g each)

5 oz. (150g) green beans, frozen

1 cup (150g) sweetcorn

3.5 oz. (100g) brown rice

2 tbsp. sesame seeds

1 tbsp. sesame oil

For the sauce:

8 tbsp. soy sauce

3 tbsp. maple syrup

1 tbsp. lime juice

4 tbsp. grated ginger

2 garlic cloves, grated

What you need to do

1. Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.
2. Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.
3. In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before it is cooked, then drain. Next, add the sweetcorn and mix well.
4. Preheat the oven to 450°F (230°C). Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 minutes. 3 minutes before the end of baking, sprinkle with sesame seeds.
5. Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside.
6. To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.



GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.10 hrs	15 mins	507	19	40	45

*Nutrition per serving

