



Teriyaki-Glazed Salmon

with Green Beans, Sesame & Sushi Rice



20-30min



2 Servings

Rice is a staple across the globe, and each variety of this grain has a distinct appearance and flavor. Short-grain sushi rice is starchier than its medium and long grain cousins. After cooking, sushi rice is stickier, perfect for eating with chopsticks, in lettuce wraps, or as its name suggests, for rolling into sushi.

What we send

- 5 oz sushi rice
- 1 oz fresh ginger
- garlic
- ½ lb green beans
- 2 (½ oz) tamari soy sauce ⁶
- 1 oz mirin
- 10 oz pkg salmon fillets ⁴
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- sugar
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil

Tools

- small saucepan
- microplane or grater
- small skillet
- rimmed baking sheet

Allergens

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 26g, Carbs 74g, Proteins 38g



1. Make rice

In a small saucepan, combine **rice**, **1 cup water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



2. Prep ingredients

Preheat broiler with a rack in the upper third. Peel and finely grate **1 teaspoon each of ginger and garlic**. Trim **green beans**, then cut into 2-inch pieces.



3. Make teriyaki sauce

In a small skillet, combine **all of the tamari**, **mirin**, **grated ginger and garlic**, **2 teaspoons sugar**, and **1 teaspoon vinegar**. Bring to a simmer over medium-high; cook, stirring, until slightly thickened and reduced to ¼ cup, 2-3 minutes.



4. Prep salmon & green beans

Pat **salmon** dry and rub all over with **oil**. Season lightly with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet, skin side down; spoon **2 teaspoons of the teriyaki sauce** over the salmon. Add **green beans** to the other half of the baking sheet and toss with **2 teaspoons oil** and a **pinch each of salt and pepper**.



5. Cook salmon & green beans

Broil **salmon** and **green beans** on the upper oven rack until salmon is cooked through and slightly charred on top, and green beans are crisp-tender, about 5 minutes (watch closely as broilers vary).



6. Finish & serve

Fluff **rice** with a fork. Using a spatula, separate **salmon** from skin, if desired. Serve **rice** topped with **salmon** and **green beans**. Drizzle with **remaining teriyaki sauce**, and sprinkle with **toasted sesame seeds**. Enjoy!