

DINNERLY



Glazed Teriyaki Salmon with Sesame Cucumbers & Cauliflower Rice



30min



2 Servings

We all know and love Taco Tuesday, but has anyone considered Teriyaki Tuesday? It boasts two of our favorite qualities (deliciousness and alliteration) AND is on the table in 30 minutes. Teriyaki Tuesday it is. We've got you covered!

WHAT WE SEND

- 8 oz pkg salmon filets ⁴
- 2 oz teriyaki sauce ^{1,6}
- 1 cucumber
- 12 oz cauliflower rice
- ¼ oz pkt toasted sesame seeds ¹¹
- 2 oz sesame dressing ^{1,6,11}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- sugar

TOOLS

- medium nonstick skillet
- rimmed baking sheet
- aluminium foil
- nonstick cooking spray

ALLERGENS

Wheat (1), Fish (4), Soy (6), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

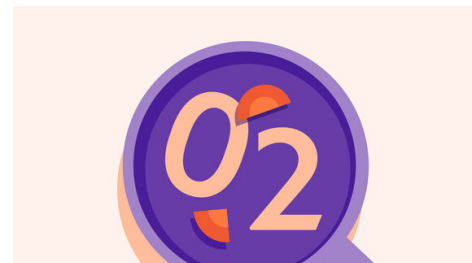
Calories 430kcal, Fat 23g, Carbs 27g,
Protein 30g



1. Prep salmon & cucumbers

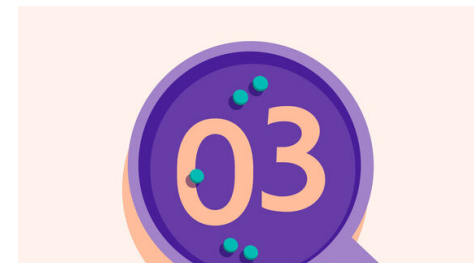
Pat **salmon** dry. In a large bowl, gently toss salmon with **2 tablespoons teriyaki sauce** and **½ tablespoon oil** until evenly coated. Season with **salt** and **pepper**. Set aside to marinate, 10–15 minutes.

Peel **cucumber** if desired; thinly slice. In a separate large bowl, toss with **1 teaspoon each salt and sugar**; set aside.



2. Prep baking sheet

Preheat oven to broil with a rack 4 inches from heating element. Line a rimmed baking sheet with aluminum foil; **grease** with nonstick spray. Once **salmon** has marinated for 10–15 minutes, place skin side down on center of prepared baking sheet.



3. Broil salmon

Broil **salmon** until fish is browned on top and just medium, 5–10 minutes (watch closely and rotate tray occasionally as broilers vary).



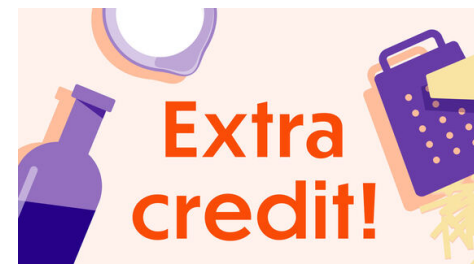
4. CAULI RICE VARIATION

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Remove from heat.



5. Serve

Brush **salmon** with **remaining teriyaki sauce**; sprinkle with **half of the sesame seeds**. Squeeze **cucumbers** to wring out as much water as possible; discard liquid. In a medium bowl, toss **cucumbers** with **half of the sesame dressing** (save rest for own use) and **remaining sesame seeds**; season to taste with **salt** and **pepper**. Serve with **cauliflower rice**. Enjoy!



6. Crunchy cukes!

Seasoning the cucumbers with salt and sugar helps draw out excess moisture and makes our favorite crunchy veggie even crunchier!