



Japanese BBQ Salmon

with Stir-Fried Veggies & Cauliflower Rice



20-30min



2 Servings

Yakiniku sauce combines the savory and sweet flavors of Japanese cuisine. It's the perfect BBQ-style sauce to coat flaky roasted salmon fillets. The salmon is served alongside crisp sugar snap peas and sweet bell peppers, with low carb cauliflower rice and a sprinkling of toasty sesame seeds that adds a nutty crunch.

What we send

- garlic
- 1 bell pepper
- 10 oz pkg salmon filets ¹
- 4 oz snap peas
- 12 oz cauliflower rice
- 1.8 oz yakiniku ^{3,4,5}
- ¼ oz fresh cilantro
- ¼ oz pkt toasted sesame seeds ³

What you need

- kosher salt & ground pepper
- neutral oil
- butter ²
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- medium nonstick skillet
- microwave

Allergens

Fish (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 45g, Carbs 28g, Protein 37g



1. Prep ingredients

Finely chop **1 teaspoon garlic**.

Halve **pepper**, discard stem and seeds, and cut crosswise into ½-inch thick strips.

Pat **salmon** dry, then season all over with **salt** and **pepper**.



2. Stir-fry veggies

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **peppers** and a **pinch each of salt and pepper**. Cook, stirring occasionally, until peppers are slightly softened, about 3 minutes. Add **snap peas** and **chopped garlic**, and cook until snap peas are bright green and tender, 1-2 minutes. Transfer veggies to a bowl. Cover to keep warm until ready to serve.



4. Sear salmon

Wipe out skillet, if necessary. Heat **1 tablespoon oil** in same skillet over medium-high. Reduce heat to medium, then add **salmon filets**, flesh side down. Cook until salmon is golden brown on the bottom, 3-4 minutes.



5. Finish & glaze salmon

Flip **salmon**, then pour **yakiniku sauce** and **½ cup water** into skillet. Bring sauce to a simmer over medium-high, and cook, spooning sauce over salmon, until salmon is medium and sauce is thickened, 2-3 minutes (or longer if desired).



3. Cook cauliflower rice

Add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 5-7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



6. Season rice & serve

Coarsely chop **cilantro leaves and stems**. Add half of the cilantro, **2 tablespoons butter**, **1 tablespoon vinegar**, and **2 teaspoons sugar** to bowl with **cauliflower rice**, stirring until butter melts. Serve **salmon** and **veggies** over **cauliflower rice** with **yakiniku sauce** spooned over top. Sprinkle with **sesame seeds** and **remaining cilantro**. Enjoy!