



# TERIYAKI SALMON

with Green Beans and Jasmine Rice



**HELLO**  
**TERIYAKI SAUCE**  
Deeply savory and a little bit sweet,  
it's so good, you might just lick your plate.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 740**

-  Ginger
-  Lime
-  Green Beans
-  Salmon  
(Contains: Fish)
-  Scallions
-  Jasmine Rice
-  Teriyaki Sauce  
(Contains: Soy)
-  Sesame Seeds

## START STRONG

Rinsing the rice before it cooks will wash away its excess starches, giving you grains that are fluffy and light. If you're in a hurry, however, feel free to skip this step.

## BUST OUT

- Fine mesh sieve
- Medium pot
- Baking sheet
- Small pan
- Olive oil (4 tsp | 8 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                  |                   |
|------------------|-------------------|
| • Ginger         | 1 Thumb   1 Thumb |
| • Scallions      | 2   4             |
| • Lime           | 1   1             |
| • Green Beans    | 6 oz   12 oz      |
| • Jasmine Rice   | ¾ Cup   1½ Cups   |
| • Salmon         | 10 oz   20 oz     |
| • Teriyaki Sauce | 4 oz   8 oz       |
| • Sesame Seeds   | 1 TBSP   2 TBSP   |

## HELLO WINE



PAIR WITH  
Ça Roule? Beaujolais, 2016

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 400 degrees. Peel **ginger**, then mince until you have 2 tsp. Trim, then thinly slice **scallions**, keeping greens and whites separate. Cut **lime** into wedges. Place **rice** in a fine mesh sieve and rinse under running water.



## 4 SIMMER SAUCE

While salmon and green beans roast, place **teriyaki sauce** in a small pan over medium heat. Bring to a simmer and let bubble until thick and glaze-like, about 3 minutes. Set aside 2 TBSP sauce for brushing the fish and reserve the rest for serving, keeping the two separate.



## 2 COOK RICE

Heat a drizzle of **olive oil** in a medium pot over medium heat. Add **ginger** and **scallion whites** and cook, tossing, until fragrant, 1-2 minutes. Add **rice** and toss to coat. Pour in **1¼ cups water** and add a large pinch of **salt**. Cover, bring to a boil, then lower heat and let simmer until water is absorbed, 15-20 minutes.



## 5 GLAZE SALMON

After salmon and green beans have roasted 5 minutes, remove baking sheet from oven. Heat broiler to high. Brush **1 TBSP teriyaki sauce** onto one **salmon fillet**, then sprinkle with **sesame seeds**. Repeat with other fillet. Place sheet under broiler and broil until salmon is cooked to desired doneness and green beans are lightly browned, 3-4 minutes.



## 3 ROAST FISH AND BEANS

Meanwhile, place **salmon** skin-side down in the center of a baking sheet and season with **salt** and **pepper**. Sprinkle each fillet with a drizzle of **olive oil**. Toss **green beans** with a drizzle of olive oil, salt, and pepper on same sheet. Roast in oven until salmon is opaque on surface but not cooked through, about 5 minutes.



## 6 PLATE AND SERVE

Fluff **rice** with a fork, then season with **salt**, **pepper**, and a squeeze of **lime**. Divide between plates, then top with **salmon** and **green beans**. Garnish with **scallion greens**. Serve with lime wedges and reserved **teriyaki sauce** on the side for drizzling over.

## AWESOME SAUCE!

Teriyaki sauce is just as tasty on chicken, pork, or beef.

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