

Salmon / Chicken teriyaki with sautéed spinach, toasted nori and Japanese sticky rice



The word "teriyaki" is a combination of two words - "teri" / "tare" refers to the shine from the sugar glaze and "yaki" refers to the cooking method of grilling or broiling. Our homemade sweet and **Yummy Teriyaki sauce** goes well with salmon or chicken and is served with lightly sautéed spinach and Japanese sticky rice, the perfect vehicle for sopping up the delectable sauce. The sesame seeds and nori strips add a crunchy and palate-pleasing textural contrast. The salmon, a super food, is mouthwateringly tender with a flavorful crust, due to its quick broil in the oven.

Did you know?

Nori

the Japanese name for an edible type of seaweed, typically used in sushi. It is made using techniques which resemble papermaking.

Soy sauce

a condiment made from fermented soybeans, salt, water and sometimes roasted grains. Japanese soy sauce or Tamari, which is in our recipe, is made with only soybeans and no wheat or other grains and so it is gluten free!



In your kit

- Yummy Teriyaki sauce
- Crunchy nori sesame



Minutes:
20 prep + 30 cook



Dairy & Nut-free



4 servings

Your shopping list



4 salmon fillets / 1½ lb
chicken breasts



10 oz spinach



4 garlic cloves



2 cups rice (preferably
Japanese short grain
rice)



3 stalks of scallions



2 tablespoons sesame oil
/ olive oil

Basic pantry: salt, pepper

 youngest chefs

  older chefs

   oldest chefs / adults



1. Prep ingredients



- **Garlic** - peel and mince or crush with garlic press.
- **Scallions** - trim ends and thinly slice.



2. Marinate salmon/ chicken



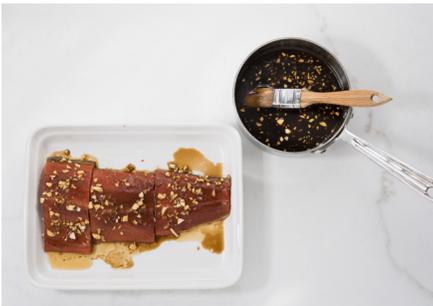
- Pour **Yummy Teriyaki sauce** into a prep bowl.
- Add: minced **garlic** and 1 tablespoon **sesame oil/olive oil**.
- Add: **salmon / chicken** and mix well.
- Cover, and marinate in refrigerator for 15 minutes.



3. Cook rice



- In a small pot, combine the **rice**, a pinch of **salt** and 2½ cups of **water**.
- Bring the pot to a boil over medium-high heat.
- Once boiling, cover pot and reduce the heat to low. Simmer for 15 minutes, or until the liquid has been absorbed and the rice is tender.
- Remove from heat and fluff the **cooked rice** with a fork.



4. Broil the marinated salmon/chicken



- Adjust the top oven rack to 6 inches below the broiler. Preheat broiler.
- Cover rimmed baking sheet with aluminum foil and grease with ½ tablespoon **olive oil**.
- Reserving the marinade, transfer the **marinated salmon / chicken** to the baking sheet.
- Broil for 3 minutes per side, or until dark brown / slightly charred.
- Carefully switch the baking sheet to the bottom rack for an additional 3-4 minutes, or until the salmon / chicken is just cooked through.



5. Prep Teriyaki sauce and sauté spinach



- Prepare sauce: Pour the reserved **marinade** into a small sauce pan and bring to a boil over medium-high heat. Reduce heat to a simmer and cook, stirring occasionally until sauce thickens, about 5 minutes. Remove from heat and set aside.
- Sauté spinach: In a skillet, heat 1 tablespoon **sesame oil/olive oil** over medium high heat until hot. Add **spinach** and 1 tablespoon **water** to the pan. Cover the pan with lid and steam for 2 minutes. Uncover and sprinkle with **salt** and **pepper** to taste. Stir well.



6. Plate your dish



- Place the broiled **salmon / chicken** on plates and sprinkle it with sliced **scallions**, half of **Crunchy nori sesame**. Serve with **rice** and sautéed **spinach** and sprinkle remaining **Crunchy nori sesame** on rice and spinach.

Enjoy!