



## GRILLED TERIYAKI SALMON WITH WILD RICE FOR TWO

### Feeds 2-4

Grilled teriyaki salmon served on a vibrant bed of wild rice, sprinkled generously with sesame seeds, creates a visually appealing and flavorful meal that's perfect for a cosy dinner for two.

This grilled teriyaki salmon recipe stands out as an exceptional choice for a romantic dinner or an intimate gathering with close friends. The dish features the rich, savoury flavour of fresh salmon fillets that are perfectly grilled to flaky tenderness, then coated with a homemade sweet and tangy teriyaki glaze that enhances the natural flavours of the fish. The salmon is placed atop a bed of nutritious wild rice that has been thoughtfully prepared with a blend of fresh vegetables, giving each bite a wonderful mix of textures and tastes.

What makes this dish truly special is its simplicity and elegance. It requires minimal preparation and cooking time, which is ideal for those evenings when you want to spend less time in the kitchen and more time enjoying the company of your loved one. The combination of high-quality ingredients, clear cooking instructions, and the visual appeal of the finished dish ensures a delightful dining experience that's as pleasing to the eye as it is to the palate.

**Serves:** 2

### Preparation Time:

- Marinating the Salmon: At least 30 minutes
- Preparing Ingredients: 15 minutes (including chopping and mixing)

### Cooking Time:

- Cooking the Wild Rice: 45 minutes
- Grilling the Salmon: 10 minutes (approximately 4-5 minutes on each side)

**Total Prep Time:** 45 minutes (15 minutes active prep + 30 minutes marinating) **Total**

**Cook Time:** 55 minutes

### **Ingredients:**

#### **For the Salmon:**

- 2 x Goldstein salmon fillets (approx. 300g)
- Salt and pepper, to taste
- 1/2 tablespoon olive oil
- 60ml teriyaki sauce
- 1/2 tablespoon sesame seeds, for garnish
- 1/2 teaspoon fresh ginger, grated
- 1 garlic clove, minced

#### **For the Wild Rice:**

- 100g wild rice
- 250ml water or vegetable broth
- 30g baby spinach
- 25g red bell pepper, finely diced
- 1/2 tablespoon soy sauce
- 1/2 teaspoon sesame oil
- Salt and pepper, to taste

### **Instructions:**

#### **1. Prepare the Wild Rice:**

- Rinse the wild rice thoroughly under cold water until the water runs clear.
- In a saucepan, bring the water or broth to a boil. Add the wild rice, reduce the heat to low, cover, and let it simmer for about 45 minutes, or until the rice is tender and the liquid has been absorbed.
- Stir in the spinach, red bell pepper, soy sauce, and sesame oil into the cooked rice. Season with salt and pepper to taste. Keep warm.

#### **2. Marinate the Salmon:**

- Mix the teriyaki sauce with ginger and garlic in a small bowl.
- Season the salmon fillets with salt and pepper, and lightly brush them with olive oil.

- Cover the salmon with the teriyaki mixture and let it marinate in the refrigerator for at least 30 minutes.

### **3. Grill the Salmon:**

- Heat the grill to medium-high.
- Remove the salmon from the marinade, keeping the marinade aside. Grill the salmon, skin side down, for about 4-5 minutes on each side or until it easily flakes with a fork.
- Pour the reserved marinade into a small saucepan, bring it to a boil, then simmer for 5 minutes or until it thickens.

### **4. Assemble and Serve:**

- Place a helping of wild rice on each plate.
- Top with a grilled salmon fillet.
- Drizzle the reduced teriyaki sauce over the salmon and sprinkle it with sesame seeds.

### **Serving Suggestions:**

Enhance this meal with a light, crisp white wine such as Pinot Grigio or a young Chardonnay, which pairs wonderfully with the teriyaki's sweetness. Add a side of steamed asparagus or a mixed greens salad for a fully rounded, nutritious meal.

This scaled-down version of Grilled Teriyaki Salmon with Wild Rice is designed to provide a delightful and wholesome dining experience for two, combining ease of preparation with gourmet flavours. Enjoy your special meal!