



# TEPPANYAKI-STYLE SALMON BOWLS

WITH STIR FRIED VEGGIES

DIFFICULTY: Easy | SERVES: 4 | READY IN: 35 minutes

The home-based version of teppanyaki-style dining! These salmon bowls don't require cooking on a large hotplate, but they're still loaded with all those yummy teppanyaki flavours.



## VEGGIES

- 2 carrots
- 2 courgettes
- 1 brown onion
- 2 cloves garlic
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce

## RICE

- 1 1/3 cups sushi rice (350g)
- 2 cups cold water (500ml)
- 1 1/2 Tbsp rice wine vinegar
- 1/2 Tbsp caster sugar
- 1/4 tsp salt

## SALMON

- 1/3 cup soy sauce (80ml)
- 3 Tbsp brown sugar
- 2 Tbsp rice wine vinegar
- 2 cloves garlic
- 1 tsp finely grated ginger
- 450g fresh salmon fillets, de-boned (1lb)
- 1 tsp sesame oil

## TO SERVE

- 1 Tbsp sesame seeds
- 4 Tbsp Japanese or regular mayonnaise

### 1. PREPARE VEGGIES

Peel carrots. Cut carrots and courgettes into chunky sticks. Thickly slice onion. Crush garlic.

### 2. COOK RICE

Rinse rice well under cold water. Place in a medium-large non-stick pot and stir in water. Bring to the boil, then reduce heat to medium, cover with a lid and simmer for 15 minutes.

### 3. PREPARE SAUCE FOR SALMON

Meanwhile, whisk together soy sauce, sugar and vinegar. Crush garlic and add to sauce with ginger.

### 4. COOK VEGGIES

Heat oil in a large wok on high. Add carrots, courgettes, onion, garlic and soy sauce. Stir fry until just tender. Reduce heat to very low to keep warm.

### 5. COOK SALMON

Pat salmon skin dry with a paper towel and season with salt and pepper. Heat a large frying pan on medium-high. Toast sesame seeds (for serving). Remove from pan and set aside. At this point it should be time to remove rice from heat. Let it rest for approximately 5 minutes.

6. Add sesame oil to pan. Cook salmon fillets, skin side down, for 3 minutes. Flip over and cook for 2 minutes (or until almost cooked to your liking). Add sauce and simmer for 1 minute, until nice and sticky (add a dash of water if it gets too thick).

### 7. SERVE

Stir vinegar, sugar and salt into rice. Divide between serving bowls and top with veggies and salmon. Drizzle sauce over the top. Finish with a sprinkle of sesame seeds and a dollop of mayo.



**WINE MATCH:** Try a Pinot Noir.

## **TEPPANYAKI-STYLE SALMON BOWLS RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free soy sauce. Ensure mayonnaise is gluten-free.

**INGREDIENT SWAPS / NOTES:** Courgettes could be swapped for green beans, or swap all veggies for a frozen vegetable stir fry mix. If you don't like salmon, white fish will work as well. For a non-seafood alternative, use boneless, skinless chicken thighs or chicken tenderloins (you will need to cook for a bit longer).

**STORING AND REHEATING:** Store individual portions in containers in the refrigerator. Reheat in the microwave. Add mayonnaise just before serving.