



Teriyaki Salmon and Broccoli



4 servings



10 mins prep | 35 mins total time

Per serving:

504 calories

27 g carbs

6 g fiber

10 g fat

43 g protein

Ingredients

- 4 cups broccoli, cut into florets
- 1 1/2 lb salmon fillets
- 1 cup teriyaki sauce, low-sodium [for marinade]
- 2 sesame oil
- 2 sesame seeds
- 1/4 tsp salt, to taste

Directions

Prep

1. Marinate the Salmon: Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the teriyaki sauce over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for about 10 minutes.

Make

1. While the salmon is marinating, wash the broccoli florets and cut them into bite-sized pieces. Heat 1 tablespoon of sesame oil in a large pan over medium heat. Add the broccoli and a pinch of salt. Sauté the broccoli until it is crisp-tender, about 5-7 minutes, adding water as needed. Keep it warm while you cook the salmon.
2. Remove the salmon from the marinade (discard the marinade - about 25% of the marinade will be absorbed and is accounted for in the nutrition facts). Heat the remaining tablespoon of sesame oil in a skillet over medium heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook the salmon for about 4-5 minutes on the skin side, until the skin is crispy.
3. Carefully flip the salmon fillets to the other side. Cover the skillet with a lid to allow the salmon to cook through, about 3-4 more minutes, depending on the thickness of the fillets.
4. Place the cooked salmon on a plate, alongside the sautéed broccoli. Sprinkle sesame seeds over the salmon for garnish.



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