



# FEAST YOUR EYES RECIPE CARD



**NATIONAL EYE  
HEALTH WEEK**

MONDAY 23 - SUNDAY 29 SEPTEMBER 2019

**YOUR VISION MATTERS**

# Teriyaki salmon with stir-fried greens

**PREP TIME** 10 minutes

**COOKING TIME** 15 minutes

**MAKES** 4

## INGREDIENTS

- 4 x 150g skinless salmon fillets
- 2tbsp teriyaki marinade
- Cooking oil spray
- 2tsp toasted sesame oil
- 2 garlic cloves, crushed
- 1 long red chilli, finely sliced
- 350g tenderstem broccoli, halved
- 300g pak choi, halved lengthways
- 1tbsp reduced-salt soy sauce
- Juice 1 lime
- 2 x 250g pouches ready to heat brown rice

## METHOD

1. Put the salmon in a shallow dish with the teriyaki marinade and turn to coat. Spray a large non-stick frying pan with oil and set over a medium-high heat. Add the teriyaki salmon fillets and cook for 2–4 mins on each side or until cooked to your liking. Transfer to a plate and cover loosely with foil to keep warm.

2. Return the pan to a medium-high heat and add the sesame oil, garlic, chilli and tenderstem broccoli. Cook for 5 mins. Add the pak choi and soy sauce, then cook for a further 3 mins or until just tender. Stir in the lime juice.

3. Meanwhile, heat the rice according to the pack instructions.

4. Divide the rice, salmon and greens among 4 plates, then serve straightaway.

For more recipes go to  
[www.healthyfood.co.uk](http://www.healthyfood.co.uk)

**healthyfood** GUIDE