



## Broiled Salmon with Spinach and Rice Teriyaki

Pronounced “teh-ree-YAH-kee,” the name is a combination of two words: “teri” or “tare,” which refers to the shine from the sugar glaze, and “yaki,” which indicates the cooking method of grilling or broiling.

**SERVES 4**

**ALLERGENS** Dairy-Free, Nut-Free

**TOTAL PREP & COOK TIME** 50 minutes + 2 hours or overnight to marinate

### What You’ll Need

4 garlic cloves 3 scallions

1 tablespoon olive oil, plus more to grease the baking sheet

4 (6-oz) salmon fillets

1 1/2 cups short-grain rice

Salt  
10 ounces fresh spinach

1 tablespoon sesame oil

Pepper

## **NORI SESAME**

1 tablespoon nori seaweed flakes 1 tablespoon sesame seeds

## **YUMMY TERIYAKI SAUCE**

1/4 cup soy sauce 1/4 cup mirin

2 tablespoons sake or cooking sake (optional)

1 tablespoon sugar

2 teaspoons ground ginger

1 teaspoon sesame oil

### **1. Prep the ingredients**

- **Garlic**—Peel and mince or crush with a garlic press.
- **Scallions**—Trim the ends and thinly slice. Use half in step 2 and half in step 6.
- **Nori Sesame**—Combine the nori and sesame seeds in a small bowl.

### **2. Marinate the salmon (at least 2 hours ahead or overnight)**

- **Yummy Teriyaki Sauce**—Combine all the ingredients in a large bowl and mix well.
- Add the minced garlic, half of the scallions, and 1 tablespoon of olive oil and mix well.
- Add the salmon and mix well. Cover and marinate in the refrigerator for at least 2 hours or overnight.

### **3. Cook the rice**

- Rinse the rice in a colander to remove excess starch.
- In a small pot, combine the rice, a pinch of salt, and 2 1/4 cups water. Bring to a boil over high heat. Cover the pot and decrease the heat to low. Simmer for 15 minutes, or until the liquid has been absorbed and the rice is tender.
- Remove from the heat and fluff the cooked rice with a fork.

### **4. Broil the marinated Salmon**

- Adjust the top oven rack to 6 inches below the broiler. Preheat the broiler to high.
- Cover a baking sheet with aluminum foil and lightly grease it with olive oil.
- Transfer the salmon with the marinade onto the baking sheet. Note: Be careful; make sure the marinade does not overflow.
- Broil for 3 minutes per side or until dark brown and slightly charred.
- Carefully switch the baking sheet to the bottom rack and broil for an additional 3 to 7 minutes, or until the salmon is just cooked through.

### **5. Sauté the spinach**

- Rinse the spinach and trim off the ends.
- In a skillet, heat 1 tablespoon of sesame oil over medium-high heat until hot.
- Add the spinach, 1 tablespoon water, and a pinch of salt and pepper to taste. Stir well.
- Cover the pan with a lid and steam for 2 minutes.

### **6. Serve your dish**

- Place the broiled salmon on plates, drizzle with some of the sauce, sprinkle with the remaining scallions, and top with half of the Nori Sesame.
- Serve with the rice and sautéed spinach and sprinkle the remaining Nori Sesame over the top.

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