

Teriyaki Salmon & Couscous



Prep Time: 30 minutes
Cook Time: 35 minutes



Servings: 4 servings
Cost/Serving: \$7.55



Equipment

- Casserole dish (8x8-inch)
- Knife
- Medium saucepan with lid
- Rimmed baking sheet (8x12-inch)
- Cutting board
- Measuring cups
- Mixing bowl
- Parchment paper
- Wooden spoon
- Measuring spoons



Ingredients

Teriyaki Sauce:

6 tbsp	(90 mL)	Rice wine vinegar
½ cup	(125 mL)	Low Sodium Tamari or dark soy sauce
¼ cup	(60 mL)	Sugar
2 cloves		Garlic, peeled and sliced
1 tsp	(5 mL)	Ginger, minced
¼ tsp	(1 mL)	Black pepper

Salmon:

1 lb	(450 g)	Salmon fillet, fresh, cut into 4-oz portions
1 bag	(500 g)	Japanese-style vegetable blend, frozen
2 tbsp	(30 mL)	Olive oil or canola oil
1½ cup	(375 mL)	Vegetable stock, no salt added
1 cup	(250 mL)	Couscous, dry
1 each		Green onion, finely chopped



Directions

1. Put teriyaki sauce ingredients in small saucepan. Stir and bring to rolling boil over medium heat for 1 minute until sugar is dissolved. Remove from heat and let cool.
2. Put salmon fillets in the casserole dish and add teriyaki sauce. Marinate in fridge for 20 minutes, reserving sauce.
3. Preheat oven to 450°F (220°C).
4. Empty bag of frozen vegetables into baking sheet. Add olive oil, mix well and spread evenly. Bake for 5 minutes.
5. Place salmon on top of vegetables. Pour teriyaki sauce into pan.
6. Bake until salmon is cooked, about 20-25 minutes.
7. Meanwhile, prepare couscous. In medium saucepan, over high heat, bring vegetable broth to boil.
8. Remove pan from heat and add couscous. Stir gently to evenly moisten couscous. Cover with lid and let sit for 10-12 minutes.
9. Fluff with a fork before serving. Garnish with green onion.



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Tips

- 1) For extra flavour, sprinkle with sesame seeds.
- 2) Replace Japanese-style vegetables with your favourite frozen vegetable blend.
- 3) Frozen salmon fillets can be used. Ensure they are fully thawed before using.



Nutrition Facts Valeur nutritive

Per 1 serving (456 g)
pour 1 portion (456 g)

Calories 560	% Daily Value* % valeur quotidienne*
Fat / Lipides 13 g	17 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 1 g	
Carbohydrate / Glucides 68 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 26 g	26 %
Protein / Protéines 40 g	
Cholesterol / Cholestérol 60 mg	
Sodium 1910 mg	83 %
Potassium 600 mg	13 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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