

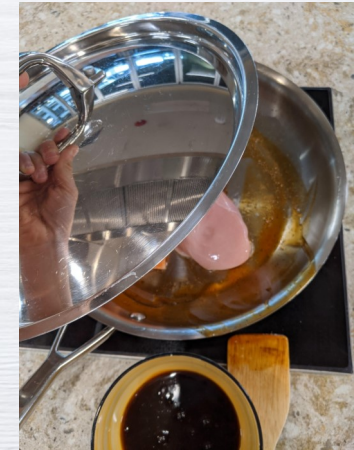


Meal Kit: Salmon / Chicken teriyaki

With stir fried snow peas, broccoli and carrots

Ingredients for 2: 2 chicken breasts / 2 salmon filets (or 1 of each for the 1/2 'n half), 1 cup or so fresh snow peas, 2 large carrots, 1/4 of an onion, 1 1/2—2 cups broccoli florets, 2 cloves garlic, 1 small piece of ginger, sesame seeds to top, 2 tbsp sesame oil, 1/2 cup teriyaki sauce (my recipe– makes 1/2 cup– 3.5 tbsp low sodium soy sauce, 3.5 tbsp water, 1 tbsp rice vinegar, 1 tbsp + 1 tsp orange juice, 2 tbsp brown sugar, 2 tsp cornstarch, 1/4 tsp pepper)

What you'll need: large skillet with lid, 1/4 cup water, small bowl, cutting board, knife, spatula, wooden spoon or cooking utensil, plate with foil/cover



1 Begin by preheating your skillet over medium/low. Stir the sauce container very well. Once the pan is preheated, add the sauce.

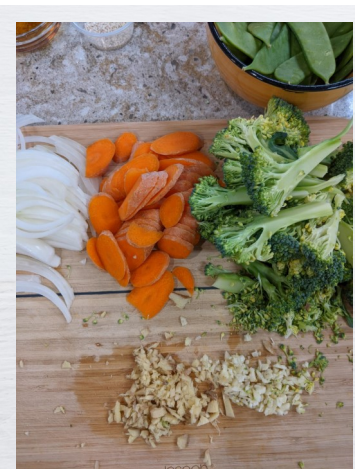
2 Bring the sauce to a gentle simmer, turning up the heat slightly if needed.

3 The sauce will start to become glossy and thicken nicely.

4 Once thickened, about 5 minutes of cooking, transfer to a small dish.

5 Keep the pan at a medium, add half of the sesame oil and add in your chicken/salmon (cooking in batches if need be, depending on your pan size)

6 Cover with the lid and cook 3-4 minutes.



7 while your salmon/ chicken is cooking, work on chopping up your veggies, slicing the onion and carrot very thin, breaking up the broccoli and mincing the garlic and ginger



8 uncover the pan, spoon on some of the teriyaki sauce onto the chicken/salmon. Flip and do the other side. Cover again and cook another 3 minutes.



9 remove the lid– the salmon and chicken should be cooked through (chicken = 165 degrees F and salmon = 145 degrees F minimum) cook another minute or so on each side to get a nice sear.



10 transfer salmon/chicken to a plate , drizzle a bit more sauce over the top, cover tightly with foil and let rest while veggies cook.



11 Wipe out pan if needed, then drizzle the rest of the sesame oil in the pan, over medium heat still.



12 add the garlic and ginger...



13 and the rest of the veggies. Stirring well and sautéing 2 minutes or so.



14 Grab 1/4 cup of water– turn up the heat on the veggies, add the water and put on lid quickly! (it should steam right away) cook 2 minutes with lid on



15 remove lid, add the rest of the teriyaki sauce, cook another minute or so, stirring well. Remove from heat...



15 heat up rice (if using) plate up the chicken/ salmon and veggies– and enjoy!