

Teriyaki Salmon

Recipe makes 6 meals

Ingredients

6 Salmon Filets, 4 oz each
1 ½ C Jasmine Rice,
uncooked
1 Bundle Asparagus, chopped
12 oz Bag Frozen Edamame,
no shell
1 Medium White Onion,
chopped
6 Garlic Cloves, chopped
¾ C Teriyaki Sauce, low
calorie option
3 Tbsp Rice Wine Vinegar
3 Tbsp Sesame Oil, divided
2 Tbsp Low Sodium Soy
Sauce
2 Tbsp Garlic Powder
1 tsp Accent MSG
1 tsp Ginger
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 495

Fat - 14g

Carbohydrates - 49g

Protein - 39g

**Estimated Cost
Per Meal**

\$3.95

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Instructions

1. Start by adding your teriyaki sauce to a shallow baking dish and marinate your salmon filets, skin side up, for at least 30 minutes. After 30 minutes, remove from the marinade and discard the leftover sauce.
2. Cook your salmon in the oven or air fryer, skin side down. Cook on 375°F for 10-12 mins or until salmon reaches an internal temperature of 145°F. When done, remove and place salmon into your meal containers.
3. Cook your rice according to the instructions on the package and set aside when it is done.
4. Chop your garlic, onion, and asparagus. Be sure to trim off the light/white ends of the asparagus. This part is tough and fibrous.
5. Bring a pot of water to a boil and cook asparagus for 3-4 minutes or until desired tenderness. When done, strain and set aside.
6. Heat 1 Tbsp of sesame oil in a pan over medium heat. Add in your onions and garlic and cook for 1 minute, stirring occasionally. Next add in your edamame and asparagus. Cook 6-7 minutes.
7. Add your cooked rice and vegetables into a large mixing bowl, stir, and then add 2 Tbsp sesame oil, rice wine vinegar, soy sauce, garlic powder, accent msg, and ginger. Stir well, add salt and pepper to taste.
8. Portion out evenly into your meal containers with the salmon.
9. Enjoy!



Notes

- When reheating these meals, if you have access to an air fryer, toss your salmon in skin side up for a crispy skin texture.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.