



Teriyaki Salmon Rice Bowl

WITH EDAMAME AND CABBAGE

Express



Prep & Cook Time

15 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper
Medium Non-Stick Pan,
Microwave-Safe Bowl, Large
Non-Stick Pan

Ingredients

- 4 oz. Slaw Mix
 - 🌶️ 1 tsp. Asian Garlic, Ginger & Chile Seasoning
 - 1 tsp. Multicolor Sesame Seeds
 - 2 fl. oz. Teriyaki Glaze
 - ½ tsp. Garlic Salt
 - 3 oz. Edamame
 - 8 oz. Cooked White Rice
 - 2 Green Onions
- Customize It Options**
- 9 oz. Salmon
 - 8 oz. Shrimp
 - 12 oz. Antibiotic Free Boneless Skinless Chicken Breast

Difficulty Level

EASY

Spice Level

MEDIUM

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/36746

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions, garlic salt**

Customize It Instructions

- If using **antibiotic free chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **shrimp**, pat dry. Cook until pink and shrimp reach minimum internal temperature, 2-3 minutes per side.



1. Cook the Salmon

- Pat **salmon** dry and season flesh side with **Asian garlic, ginger & chile seasoning** (use less if spice-averse) and a pinch of **salt**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add salmon, skin-side up, to hot pan and sear until golden-brown and salmon reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side.
- Remove from burner. Transfer salmon to a plate. Let cool, 5 minutes. Once cool enough to handle, remove and discard skin. Flake salmon into bite-sized pieces.
- While salmon cooks and cools, continue recipe.



2. Prepare and Cook the Vegetables

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **slaw mix, edamame, white portions of green onions**, half the **garlic salt** (reserve remaining for rice), and a pinch of **pepper** to hot pan. Stir occasionally until tender, 2-3 minutes.
- Remove from burner.
- While vegetables cook, continue recipe.



3. Heat the Rice

- Carefully massage **rice** in bag to break up any clumps. Remove rice from packaging. Place rice and remaining **garlic salt** in a microwave-safe bowl. Microwave uncovered until heated through, 2-3 minutes.
- Carefully remove from microwave. Rest, 2 minutes.
- Fluff rice with a fork.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **vegetables, salmon, and teriyaki glaze**. Garnish with **green portions of green onions** and **sesame seeds**. Bon appetit!