

Easy Teriyaki Salmon and Broccoli

Prep Time 10 mins
Total Time 35 mins
Meal Type Lunch,Dinner
Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 4 cups broccoli, *cut into florets*
- 1 1/2 lb salmon fillets
- 1 cup teriyaki sauce, low-sodium [for marinade]
- 2 sesame oil
- 2 sesame seeds
- 1/4 tsp salt, *to taste*

Directions

Prep

1. Marinate the Salmon: Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the teriyaki sauce over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for about 10 minutes.

Make

1. While the salmon is marinating, wash the broccoli florets and cut them into bite-sized pieces. Heat 1 tablespoon of sesame oil in a large pan over medium heat. Add the broccoli and a pinch of salt. Sauté the broccoli until it is crisp-tender, about 5-7 minutes, adding water as needed. Keep it warm while you cook the salmon.
2. Remove the salmon from the marinade (discard the marinade - about 25% of the marinade will be absorbed and is accounted for in the nutrition facts). Heat the remaining tablespoon of sesame oil in a skillet over medium heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook the salmon for about 4-5 minutes on the skin side, until the skin is crispy.
3. Carefully flip the salmon fillets to the other side. Cover the skillet with a lid to allow the salmon to cook through, about 3-4 more minutes, depending on the thickness of the fillets.
4. Place the cooked salmon on a plate, alongside the sautéed broccoli. Sprinkle sesame seeds over the salmon for garnish.

Notes

Add shredded carrots for additional color and texture.

Plan for success: Make extra for tomorrow's lunch.

Enjoy your meal.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving	504	Total Fat 30.4g	46%	Total Carbohydrates 15g	5%	
		Saturated Fat 5.4g	27%	Dietary Fiber 6g	22%	
		Trans Fat 0.0g		Total Sugars 5g		
		Cholesterol 107mg	35%	Protein 43g		
		Sodium 634mg	27%			
Vitamin D 22mcg 222% · Calcium 132mg 13% · Iron 3mg 14% · Potassium 1170mg 24%						

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