

Cooking Collaborative @ HPU

TERIYAKI SALMON WITH CUCUMBER & ONION SALAD

TERIYAKI SALMON INGREDIENTS

- 1/2 cup soy sauce (less sodium)
- 3 oz honey
- 2 tablespoon lime juice fresh or pasteurized
- 1 1/2 tablespoon of sesame oil
- 1 1/2 teaspoon of sriracha
- or you can buy your favorite teriyaki glaze/sauce (Kikkoman or Soyaki from Trader Joes)
- (4) 5-6 oz skin on or skin off salmon filets

TERIYAKI SALMON DIRECTIONS

- put marinade over salmon and chill overnight (reserve a ¼ of a cup of the marinade)
- remove salmon from marinade
- over medium heat with 2 tablespoons of oil, sauté each salmon side for 2-3 minutes then finish in the oven on 325 for 6-8 minutes
- salmon can also be grilled or roasted in the oven at 375F for 8-10 minutes
- once cooked, brush salmon with reserved marinade
- place cucumber salad on the plate with salmon and enjoy your creation

CUCUMBER & ONION INGREDIENTS

- 2-3 fresh cucumbers (thinly sliced)
- 1 small red onion (julienned)
- 1 medium red and yellow pepper (medium dice)
- kosher salt/black pepper
- fresh cilantro (rough chopped)
- sweet chili sauce (Mae Ploy, Franks, or Roland are some great options)

CUCUMBER & ONION DIRECTIONS

- cut ingredients as described and put in a bowl
- add salt and pepper to taste
- add 1/2 cup of sweet chili sauce and stir