

## Summer teriyaki salmon salad



**PREP TIME: 10 minutes**

**COOK TIME: 25 minutes**

**SERVES: 4**

**CALORIES PER SERVING: 564**

### INGREDIENTS

#### ROASTED POTATOES

- ☐ 450g yukon potatoes, scrubbed and chopped to 2cm cubes
- ☐ 1 tablespoon olive oil
- ☐ salt and pepper

#### TERIYAKI SALMON

- ☐ 450g salmon, sliced into large pieces
- ☐ kosher or sea salt
- ☐ 1/4 cup of your favorite teriyaki sauce

#### SALAD

- ☐ 1 1/2 tablespoons olive oil
- ☐ 1 small red onion, diced
- ☐ 1 medium zucchini, diced
- ☐ 1 cup (140g) corn kernels (fresh or frozen)
- ☐ 1/2 cup (70g) peas (fresh or frozen)
- ☐ salt
- ☐ 6 cups of your favorite salad greens

### INSTRUCTIONS

- 1:** Position oven racks to the top third and lower third slots of your oven. Preheat oven to 200 degrees. Line a baking tray with baking paper or a silicone mat and set aside.
- 2:** Scrub and chop your potatoes into 2cm cubes. Slice salmon into large pieces and set aside. Dice red onion and zucchini, drain corn and peas if fresh.
- 3:** In a medium bowl, toss potatoes with a tablespoon of olive oil, salt, and pepper. Spread potatoes on baking tray and place potatoes on the upper third rack of the oven. Bake for 20–25 minutes. Season potatoes with more salt and pepper, if desired.
- 4:** Sprinkle a pinch of kosher/sea salt on top of salmon pieces.
- 5:** Line a second baking tray with baking paper or foil, and place salmon pieces on top. Brush half of the teriyaki sauce on top of salmon. Place baking tray on lower third rack. Bake for 12 to 15 minutes, depending on the thickness of the fish. Once the fish is done, pull it out of the oven and brush more teriyaki sauce on top. Once salmon is cool enough to handle, use a fork to break it up into flakes.
- 6:** Heat 1 1/2 tablespoons of olive oil in a pan. Add onions and cook for about 2 minutes, until the onions start to turn translucent. Add zucchini and a pinch of salt, and cook for 2 minutes. Add corn and peas and cook for another 2 minutes. Add more salt, if desired. Turn off heat.
- 7:** To prepare the salad, toss salad greens with potatoes, salmon, and sautéed vegetables with a small drizzle of olive oil in a bowl. Serve immediately.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.