



Teriyaki Salmon Veggie Stir Fry

Yield: 4 servings

Prep Time: 10-15 minutes

Cook Time: 30 minutes

Allergens: fish, soy, wheat/gluten (soy sauce)

Kitchen Tools: cutting board, knife, small bowls, tongs

Ingredients:

2 tbsp	Canola oil
8-10 oz.	Salmon
1 1/3 cups	Whole grain brown minute rice
1 cup	Water (for rice)
1 clove	Garlic, minced
1 tsp	Ginger powder
¼ tsp	Onion powder
1 tbsp	Cornstarch
½ cup	Water (for sauce)
¼ cup	Low sodium soy sauce
2 tbsp	Honey
2 ½ cups	Asian style vegetable mix (or any frozen mixed vegetables)

Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the countertop with a damp cloth underneath it to keep the board from sliding around.
3. Peel the dry skin off 1 clove of garlic; throw the skin away. Place the peeled garlic clove on the cutting board. Place your fingertips on top of the knife blade near the tip. Keeping the tip of the knife on the cutting board, use an up and down motion, moving side to side to chop the garlic into smaller pieces. Continue until the pieces are very small, place in a medium sized bowl.
4. In the medium size bowl, whisk together the garlic, ginger powder, onion powder, cornstarch, water, soy sauce, and honey.

5. Place each piece of salmon onto the cutting board and cut into 1-inch cubes; add to the bowl of sauce and gently stir to coat the salmon. Let sit for 2 minutes and then drain the sauce into a new bowl. Save the sauce as it will be used later.
6. Wash your hands after handling the raw salmon.
7. Clean up the counterspace. Place the cutting board in the sink to be washed and the knife on the counter by the sink to be washed. Never leave a sharp knife in the sink to be washed because someone could accidentally cut themselves.
8. Measure out 2 ½ cups of the frozen vegetable mixture.
9. **Now follow the cooking directions on the next page.**



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Cooking Instructions:

Cook the brown rice:

1. Mix the rice and water in a microwave safe bowl or casserole dish.
2. Cover with a lid or a piece of plastic wrap.
3. Place in microwave and cook for 8 minutes. Using oven mitts, remove from the microwave and let sit for 5 minutes before removing the cover; fluff with a fork.
4. *Rice can also be prepared on the stove top using the directions on the box.*

Prepare the stir fry:

1. Heat a large frying pan or skillet over medium-high heat (7 on the dial). Check to see if the pan is hot by holding the back of your hand a few inches above the pan.
2. Add 1 tablespoon of oil and then add the pieces of salmon to the pan, one at a time using tongs or a spoon.
3. Cook the salmon for 2-3 minutes, turning once. Salmon will turn lighter pink in colour as it cooks.
4. Turn off the pan and move the cooked salmon pieces to a clean plate; set aside.
5. Using the same pan, add 1 tablespoon of oil and turn to medium-high heat (7 on the dial). Add the frozen vegetable mixture and sauté the vegetables until tender (5 minutes).
6. Add the salmon and sauce mixture back into the pan.
7. Reduce the heat to medium (5 on the dial) and cook for 2-3 minutes, gently stirring often, until the sauce has thickened slightly.

To serve, place one 1/2 cup of rice on your plate and top with a scoop of the salmon mixture.

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Estimated cost to serve 4 people:



QUANTITY	INGREDIENT	RECIPE COST (estimated)
2 tablespoons (30 ml)	Canola or vegetable oil	\$0.13
8-10 ounces (227-284 g)	Salmon (fresh or frozen), cubed	\$6.99
1 1/3 cups (330 ml)	Whole grain brown minute rice	\$1.92
1 cup (250 ml)	Water (for rice)	\$0.00
1 clove	Garlic, minced	\$0.04
1 teaspoon (5 ml)	Ginger powder	\$0.06
¼ teaspoon	Onion powder	\$0.06
1 tablespoon (15 ml)	Cornstarch	\$0.05
½ cup (125 ml)	Water (for sauce)	\$0.00
¼ cup (60 ml)	Low sodium soy sauce	\$0.33
2 tablespoons (30 ml)	Honey	\$0.67
2 ½ cups (625 ml)	Asian style vegetable mix (or any frozen mixed vegetables)	\$4.49
TOTAL: \$14.68/recipe = \$3.67/person		