KIKKOMAN

Japanese style Teriyaki Salmon and Vegetable Bento Box Recipe

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

INGREDIENTS

1 portion(s)

50 g	rice (e.g. jasmine or basmati rice)
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tsp	sesame seeds
120 g	salmon fillet
3 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
2 tsp	toasted sesame seeds
100 g	red cabbage
100 g	green asparagus
0.5	yellow bell pepper
1.5 tbsp	balsamic vinegar
1 tsp	maple syrup
	Freshly ground pepper
1 tsp	chopped macadamia nuts

PREPARATION

Step 1

Cook the rice according to the pack instructions, season with 1 tbsp. soy sauce and add 1 tsp. sesame seeds. Wash the salmon, dab it dry and cut into bite-sized pieces. Mix with 2 tbsp. teriyaki sauce and fry for approx. 5-8 minutes in 1 tbsp. hot oil.

Step 2

While the fish is cooking trim the base and outer leaves away from the red cabbage, wash it, finely grate it and combine with the remaining teriyaki sauce and 1 tbsp. soy sauce. Wash the asparagus, peel the lower thirds and cut diagonally into fine slices. Remove the pith and seeds from the pepper, then wash and dice it.

Step 3

To make the dressing combine the rest of the soy sauce with the remaining sesame seeds, balsamic vinegar, maple syrup and oil, season with pepper and place it in a screw-top jar for transportation. Arrange all the meal components in a bento box/ lunchbox, garnish with macadamia nuts and refrigerate until you are ready to take it with you.