



mushrooms.canada

Mushroom Lovers CLUB



TERIYAKI SALMON WITH CRIMINI MUSHROOMS & BOK CHOY

This salmon dinner uses fresh crimini mushrooms, which pair well with the tangy teriyaki sauce, crunchy bok choy, and salmon. Packed with vitamins & minerals, this one cup serving of crimini mushrooms is a good source of riboflavin, niacin, copper, panthothenic acid and selenium.

Prep: 5 minutes

Cooking: 20 minutes

30 g	toasted sesame seeds	2 tbsp
2	small salmon fillets	2
120 g + 30 g	teriyaki sauce	½ cup + 2 tbsp
2	bunches of baby bok choy	2
250 g	sliced mushrooms	2 cups
250 g	rice, cooked as per package instructions	2 cups

METHOD

1. Toast sesame seeds. Heat non-stick pan on medium-high. Add sesame seeds to pan and toss 1-2 minutes until lightly toasted. Transfer to a bowl.
2. Preheat oven to 375C. Place salmon fillets in greased baking dish. Brush with 2 tbsp teriyaki sauce. Bake salmon 15-20 minutes.
3. Meanwhile, sauté baby bok choy and mushrooms in a splash of olive oil and ½ cup teriyaki sauce. Prepare rice as per package instructions.
4. Serve salmon, mushrooms and baby bok choy over rice. Sprinkle with sesame seeds.



Visit

mushrooms.canada for more delicious recipes