

JULY 2019 RECIPE CARD



Salmon Teriyaki

SALMON TERIYAKI, STEAMED COCONUT
RICE, FLASH FRIED GREENS, CHILLI,
PICKLED GINGER & SESAME

#FORAGEFAVOURITES

Create one of our best selling dishes from our on site restaurant - The Fig & Olive, using fresh and local ingredients in Forage. The teriyaki sauce has been handmade in our Fig kitchens, prepped and packed for your convenience.



Ingredients:

Serves: 2

2 Rice bowls of sticky rice	6 Slices of pickled ginger to garnish
2 Salmon Portions	2 tsp Sesame oil
1 bunch of Pak Choi	1 Pouch of Teriyaki Sauce
2 small handful snap peas	2 Coatings of cornflour
1 Red chilli	1 Small tin Coconut Milk
6 Strands of tenderstem broccoli	

To Cook:

Coat salmon portions in cornflour, and pan fry in oil for around 5 minutes, until the outside is crispy

Wash two cups full of rice until free from starch. Add equal volumes of rice and water to a pan. Then add the tin of coconut milk, and cook until soft and fluffy
Press the sticky rice into cup, be careful as it will be hot. Place the bowl upside down on plate

Get a pan on the stove hot to flash point and add 2 tsps of sesame oil, the chopped chilli, blanched pak choi, snap peas and tenderstem broccoli. Flash fry for 1-2 minutes until cooked al dente

Meanwhile place the packet of teriyaki sauce into a pan with the salmon portion, leave to simmer for 5-10 minutes until sauce has reduced by half
Serve up with sesame seed and pickled ginger to garnish

Chefs Tips:

You can change the salmon to beef medallion or chicken (for best results slice the chicken up into strips)

If you prefer a different flavour of rice you can use this instead

This is a great meal to cook in advance, simply chill the salmon after the first fry, then place in the teriyaki sauce to cook through when ready

Be sure to tag us in your own #ForageFavourites on Instagram or Facebook so we can see your own creations



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