

Salmon Teriyaki Gluten and Soy-free

1 HR prep/cooking, 1 HR to overnight to marinate

4 Servings

Easy

Ingredients

Teriyaki Sauce

- 1 cup organic coconut aminos - we use Coconut Secret brand coconut aminos
- 2 cups water
- ¼ cup organic toasted sesame oil
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 2 tablespoons minced scallion
- 1 to 2 Limes juiced, depending on how limey you would like it. I like 2.

Fish and Veggies

- 4 - 6 oz pieces salmon
- 1 bunch broccoli, use the stems as well as the florets. Cut the top into florets then pare away the tough outer part of the stem, slice the stem in half lengthwise and slice into ¼ inch thick pieces at an angle.
- 1 medium zucchini, sliced in half lengthwise, then in ¼ " thick pieces
- 2 medium carrots, julienne
- 2 to 3 tablespoons sesame or mild-tasting olive oil
- ½ pound fresh shiitake mushrooms stemmed and sliced finely • Coconut Aminos
- Sea salt to taste
- 1 tablespoon organic corn starch

Instructions

Do Ahead

Make the teriyaki sauce and marinate the salmon

Put all the ingredients for the teriyaki sauce in a 4 cup measuring cup and use an immersion blender to whisk it up. No immersion blender then put it into a blender and blitz away for a minute or so. Put half the teriyaki sauce in an 8 x 8 baking pan and coat the salmon in the sauce. Place the salmon flesh side down (that is if the skin is on it), cover the pan, and refrigerate for 1 hour up to overnight.

Start Cooking

When you're ready to prepare the dish to bring the salmon out of the fridge and allow it to come to room temperature.

Blanch the veg (but not the shiitake)

While the fish is coming to room temp fill a 4-quart pot halfway with water and bring it to a boil. Blanch the broccoli, zucchini, and carrots separately. I prefer to blanch these separately so I can control the texture of each veggie. It's harder to do so if they are all thrown in at the same time. When each veggie is done to the desired texture, (I'm going for cooked but still with a little crunch but you might want a little more tender), scoop out with a spider strainer or slotted spoon and put them into a colander to drain. No need for an ice bath (I think ice baths are dumb!).

Sauté the shiitake

Put 2 tablespoons oil in a small skillet and heat. Add the shiitake mushrooms along with a splash of coconut aminos, and sauté until cooked thoroughly - at least 5 minutes. Stir regularly and if needed add a splash of water while they're cooking to prevent burning.

Cook the Salmon

Using a 12-inch skillet, add a few tablespoons of oil and heat on medium until the oil shimmers. Place the salmon in the pan flesh side down and sear for a few minutes until the flesh browns just a little. Then turn so the skin side is down, pour the

reserved teriyaki sauce, along with the sauce the salmon marinated in, over the cooking fish. Cover and cook until the fish is done. How long this will depend on how thick the salmon is. Count on anywhere between 5 and 8 minutes. I generally cook salmon to 125°

When the salmon is done, remove it from the skillet, leaving the sauce in the skillet, and place the fish on a sheet pan in a low oven (200°) to keep the salmon warm while you thicken the sauce.

Dilute 1 tablespoon cornstarch with 1 to 2 tablespoons of cool water. Have the sauce at a gentle simmer on medium heat. Slowly pour the cornstarch mixture into the teriyaki sauce, whisking while adding the cornstarch. When the sauce comes to a simmer it is finished.

Place some of the veggies on the serving platter, top with salmon, then the rest of the veggies and pour the sauce over. If you like to can reserve some sauce on the side to add while you're eating it.