

SALMON TERIYAKI BOWL

Ingredients:

- | | |
|--|---|
| 1 can (14.75 oz.) Double Q Alaska salmon | 1/2 cup prepared thick teriyaki sauce |
| 1 cup instant or quick-cooking rice | 1/4 teaspoon each sesame oil and ground ginger (if desired) |
| 1 tablespoon oil | |
| 1 pound frozen stir-fry vegetables | |

Directions:

Drain salmon and reserve 2 tablespoons salmon liquid. Break salmon into chunks, set aside. Prepare rice according to package directions. In pan or wok, heat 1 tablespoon oil over medium high heat. Add vegetables and stir-fry for one minute. Stir in salmon liquid and teriyaki sauce. (Add sesame oil and ginger if desired.) Add salmon; reduce heat to medium, cover and cook 4-5 minutes until vegetables are crisp-tender. Stir just before serving. Portion 1 to 1 1/2 cups rice into bowl. Top with salmon-vegetable blend.

Makes 2 to 3 servings.

PETERPAN
SEAFOODS, INC.