

Baked Teriyaki Salmon

Slightly sweet teriyaki salmon that's simple to prepare and full of flavor!

Yield:

4 servings

Ingredients:

1 to 1 1/4 pounds fresh or frozen salmon fillets

1/2 cup teriyaki sauce

2 teaspoons olive oil

1 clove minced garlic (or 1/2 teaspoon garlic powder)

2 tablespoons finely chopped onion (or 1/2 teaspoon onion powder)

1/8 teaspoon black pepper

Dash of crushed red pepper flakes, optional

2 tablespoons sesame seeds

1 teaspoon brown sugar

For serving:

Cooked rice or rice noodles and vegetables or stir-fried vegetables of your choice

Instructions:

1. In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic, onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a little to mix everything together.
2. Add the salmon fillets (fresh or still frozen) in a single layer. Remove excess air from bag, seal, and make sure fillets are covered on both sides in the marinade.
3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).

4. When you're ready to cook the salmon, remove the fillets from the bag and place them in a shallow dish* in a single layer (skin side down if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the fillets, and sprinkle the teaspoon of brown sugar over the tops.

5. Bake in a preheated oven at 350 degrees for 20 minutes, or until salmon flakes with a fork (145 degrees internal temperature). Don't bake too long, or salmon will be dry!

Serve hot (immediately) with rice or rice noodles, and/or stir fried vegetables.



This recipe is from Tammy's Recipes.