My Teriyaki Salmon Steaks with Vegetables

NIBBLEDISH CONTRIBUTOR

Ingredients

Marinade sauce:

- 5 tbsp soya sauce
- 1/2 tsp sesame oil
- 1/2 tsp sugar
- 1/4 tsp salt
- 3 cloves garlic, grated
- 1 cm ginger, grated
- 1/2 tsp black pepper or according to your taste

2 Salmon steaks (about 500 gr)

For the vegetables:

- 1/2 part onion
- 1/2 cup shredded cabbage
- 1/2 cup mung bean sprouts
- 1 carrot, cut into small pieces
- 1 tsp sesame oil
- 1/2 tsp salt or according to your taste

Instructions

1. Mix all the ingredients for the sauce
2. Marinate the salmon steaks for at least 2 hours

3. Heat the pan, put in the sesame oil and a drizzle of vegetable oil
4. Sauté the onion until it turns golden brown
5. Mix in 3 tbsp of the marinade sauce for the salmons
6. Give a drizzle of water, sprinkle in the salt into the sauce mixture
7. Mix in the shredded cabbage and carrots. Stir
8. Mix in the mung bean sprouts, stir until the whole vegetables are done. Set aside
9. Pan-roast the salmons with the remaining marinade sauce. You can also grill it or broil it. I just prefer mine to be pan-roasted and only for 3-5 minutes each side. I like my salmon to still have that slightly orange-ish color inside and the-melt-in-your-mouth kind of feeling :)
10. Sprinkle a little bit of dried parsley
11. Serve with the vegetables and rice