



Sheet Pan Salmon Hibachi

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 75 MINS

Ingredients

2lbs fresh salmon, cubed
8oz mushrooms, quartered
1 vidalia onion, diced large
1pkg precut fresh broccoli
2 zucchini, chopped
1 baby bok choy, trimmed
2 bell peppers, diced large
4 cloves garlic, chopped
 $\frac{3}{4}$ cup low sodium soy sauce, separated
3tbsp sesame oil, separated
3tbsp rice wine vinegar
4tbsp butter, cold and cubed
salt and pepper

Directions

- 1.Preheat oven to 400 degrees with large sheet pan inside.
- 2.Cube salmon and place in a bowl, add $\frac{1}{4}$ cup soy sauce, 1tbsp sesame oil, 1tbsp rice vinegar and mix thoroughly. Cover and refrigerate for at least 30 minutes.
- 3.Cut up all vegetables so that each piece is similar in size. Add all vegetables to a large bowl. Add remaining soy sauce, sesame oil and rice vinegar. Add a dash of salt and pepper and mix well.
- 4.Remove pan from oven and spread vegetables on hot sheet pan and cover with foil or silicone baking sheet.
- 5.Bake in the oven for about 45 minutes or until vegetables are tender-crisp.
- 6.Spread salmon evenly on top of vegetables and bake covered for another 20-30 minutes or until Salmon reaches 145 degrees.
- 7.Halfway through add cubed butter and return to oven.
- 8.Serve with my homemade yum yum sauce and 5 minute fried rice.

This hibachi is an easy weeknight, one pan meal. Full of vegetables and protein it is a favorite for everyone in my home. It can be customized to everyone's liking by changing out the protein or vegetables for your favorites.