

TERIYAKI SALMON & BROWN RICE

1 Serving

Ingredients:

- 5 oz salmon fillet
- 1 tbsp low-sodium teriyaki glaze (See recipe for Teriyaki Glaze)
- $\frac{3}{4}$ cup cooked brown rice
- 1 cup roasted broccoli

Directions:

- Preheat oven to 375°F (190°C).
- Brush salmon with teriyaki glaze.
- Bake 12-15 min until flaky.
- Roast Broccoli in air fryer (390°F for 10 minute)
- Serve salmon with brown rice and broccoli.

Macros: ~450 cal | 42C | 15F | 35P



Enjoy!

