

## Nutritious & Delicious Hot Pot Recipes



### Hot Rice Pots – Salmon Teriyaki (450g)

#### Ingredients (serves 1)

100g Salmon Fillet (skinless)  
100g Wild Rice (pre-cooked - weight after cooking)  
100g Mung Beans [Dry] (soaked, cooked and drained)  
25g Red Pepper  
25g Yellow Pepper  
40g Courgette  
40g Red Onion

#### Teriyaki Sauce

1 tsp Soy sauce  
100ml Water  
Pinch Ground Ginger  
Pinch Garlic Powder  
2 tsp Brown Sugar  
0.5 tsp Honey  
1 tsp Cornflour  
1 tsp Olive Oil  
Salt  
Pepper

#### Method

1. Steam the salmon and flake into large chunks.
2. Make the teriyaki sauce, thickening with cornflour. Set aside.
3. Lightly stir-fry the vegetables.
4. Heat the rice and the beans.
5. Lightly mix together.
6. Dress with the Teriyaki sauce.
7. Either add the rice and beans to the pot, followed by the vegetables, or dress all together and place in the pot.

#### Key Nutrients

Nutrient	Per 100g	% RNI	Per 450g Serving	% RNI	
Energy kJ	518	6%	2319	27%	
Energy kcal	123	6%	553	27%	
Fat	4.5g	6%	20.3g	29%	Med
Saturates	0.9g	4%	3.9g	19%	Low
Total Sugars	3.8g	4%	17.2g	19%	Low
Salt	0.20g	3%	0.80g	13%	Low
Protein	8.1g	-	36.3g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

**Allergen Info: Fish, Soy**