

Baked Teriyaki Salmon with Cabbage

Baked teriyaki salmon in under 30 minutes! This easy, lower sugar recipe is served over a delicious, ginger and garlic cabbage stir-fry.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins



4.67 from 6 votes

Course: Entrees Cuisine: Japanese

Keyword: Baked salmon, Salmon teriyaki, Teriyaki recipe

Servings: 4 Servings Calories: 329.1kcal

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Ingredients

The salmon:

- 3 tablespoons soy sauce
- 3 tablespoons water
- 2 tablespoons rice vinegar
- 2 tablespoons pure maple syrup
- 2 teaspoons canola or avocado oil
- 1 teaspoon cornstarch
- 2 teaspoons minced fresh ginger
- 2 garlic cloves minced
- 4 (4 oz. each) salmon fillets
- Sesame seeds & sliced green onion for garnish

The cabbage:

- 2 teaspoons canola or avocado oil divided
- 3 green onions thinly sliced, green & white/light green parts separated
- 1 tablespoon minced ginger
- 2 garlic cloves minced
- 1 teaspoon sesame oil
- ¾ lb. Napa cabbage chopped (about 5 cups)

- ½ lb. red cabbage chopped (about 2 cups)

Instructions

The salmon:

1. Preheat the oven to 400 degrees F. Line a baking sheet with foil.
2. In a medium saucepan, whisk together the soy sauce, water, rice vinegar, maple syrup, oil and cornstarch until smooth. Stir in the ginger and garlic.
3. Set the saucepan over medium-high heat and bring the soy sauce mixture (teriyaki sauce) to a gentle boil, whisking occasionally. Continue to cook (keep whisking occasionally) until the sauce thickens, 5 to 6 minutes. Transfer half of the sauce to a bowl and reserve.
4. Place the salmon fillets on the prepared baking sheet, skin side down (if the fillets aren't skinless). Brush each fillet with 1 tablespoon of the teriyaki sauce.
5. Cook the salmon until it is just cooked through, 6 to 12 minutes, depending on the thickness of the fillets. In the last two minutes of cooking, place the salmon under the broiler to brown the sauce a bit. Take care not to burn it. The salmon fillets should easily release from the skin.
6. Serve the salmon on top of the cooked cabbage. Garnish with sesame seeds and sliced green onion, if desired.

The cabbage:

1. Heat 1 teaspoon avocado oil in a large nonstick skillet set over medium-high heat. Add the white & light green sections of the green onion, ginger and garlic to the oil. Cook, stirring, for 1 minute.
2. Add the remaining avocado oil and the sesame oil to the pan. Add the Napa and red cabbage.
3. Cook the cabbage, stirring constantly, until it is slightly wilted, 2 to 3 minutes. Stir in the reserved teriyaki sauce.
4. Remove from the heat and stir in the green sections of the green onion.

Notes

Weight Watchers Points: 3 (Blue - Freestyle SP) / 6 (Green) / 3 (Purple)

Nutrition

Serving: 1 salmon fillet + 1 c cabbage | Calories: 329.1kcal | Carbohydrates: 15.8g | Protein: 34.1g | Fat: 14.5g | Saturated Fat: 2.3g | Cholesterol: 64.6mg | Sodium: 765.2mg | Fiber: 1.1g | Sugar: 7.9g