

Glazed Salmon With Broccoli Rice



Kan Kanbayashi

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Serves 4

Hands-On Time: 20m

Total Time: 30m

Ingredients

- 1/4 cup brown sugar
- 2 tablespoons low-sodium soy sauce
- 1 cup long-grain white rice
- 1 head broccoli (stems discarded), chopped (about 2 cups)
- 4 pieces skinless salmon fillet (1 1/4 pounds total)
- 1 large red onion, cut into 1/4-inch-thick wedges
- 1 tablespoon olive oil
- kosher salt and black pepper

Directions

1. Heat broiler. In a bowl, combine the sugar and soy sauce; set aside.
2. Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes. Let stand off heat until the broccoli is tender, about 5 minutes. Fluff with a fork.
3. Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Broil, spooning half the sugar and soy sauce glaze over the salmon during the last 2 minutes of cooking, until the salmon is opaque throughout, 8 to 10 minutes. Serve the salmon and onion with the rice and the remaining glaze.

By Kate Merker, May 2009