

# Glazed Salmon with Broccoli Rice

## Ingredients

4 each Salmon portions  
1/4 cup brown sugar  
2 tbsp low-sodium soy sauce  
1 cup long-grain white rice  
1 head broccoli, florets only, chopped  
1 large red onion, cut into 1/4 inch

thick wedges  
1 tbsp olive oil  
Kosher salt & black pepper

## Directions

Heat broiler. In a small bowl, combine the sugar and soy sauce. Set aside.

Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes. Let the rice and broccoli stand off the heat until the broccoli is tender, about 5 minutes. Fluff with a fork.

Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 tsp salt and 1/4 tsp pepper.

Broil the salmon until opaque throughout, about 8-10 minutes, spooning half of the soy sauce glaze over the fish during the last 2 minutes of cooking. Serve the salmon and onion with rice and remaining glaze.

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