

## ブリの照り焼き (Yellowtail Teriyaki)

2 Servings

- Buri (yellowtail) fillets – **2 pieces (~120 g each, 240 g total)**
- Salt – **light sprinkle** (≈0.5 g total, optional for brining)
- Canola oil – **1 tsp**
- Sansho pepper – **a light dusting, to taste**



### Teriyaki Sauce (reduced-sodium version):

- Sake – **20 ml (1 Tbsp + 1 tsp)**
- Mirin – **20 ml (1 Tbsp + 1 tsp)**
- Sugar – **4 g (1 tsp)**
- Reduced-sodium shoyu or coconut aminos – **10 ml (2 tsp)**



### Instructions

1. **Pre-salt:** Sprinkle lightly with salt, let fillets sit 10–15 minutes. Rinse briefly and pat dry.
2. **Sear:** Heat oil in a nonstick pan over **medium-high heat**. Place fillets skin-side down, **sear 2–3 minutes per side** until golden.
3. **Add sauce:** When fish is ~70% cooked, pour in teriyaki sauce. **Lower heat to medium**.
4. **Glaze:** Turn fish once to coat, spoon sauce over for **2–3 minutes** until glossy and slightly thickened.
5. **Finish:** Transfer to plates, drizzle a little pan sauce, dust lightly with **sansho**, and serve.



### Nutrition (per serving, 1 fillet + sauce)

- **Calories:** ~245 kcal
- **Protein:** ~26 g
- **Fat:** ~12 g
  - Saturated fat: ~3 g
- **Carbohydrates:** ~6 g
  - Sugars: ~5 g
- **Sodium:** ~430 mg
- **Omega-3:** ~1.4 g