



GINGER MISO SALMON

WITH GARLICKY GREENS

DIFFICULTY: Easy | SERVES: 4 | READY IN: 30 minutes

Ginger miso salmon is an easy 30 minute meal. The salmon is baked in the oven in little paper parcels - meaning juicy tender fish, less clean up and no stinking the house out!



SALMON

- 4 small boneless salmon fillets (approximately 500g / 1lb 2oz)
- 1 carrot
- 1/4 cup miso paste (65g)
- 2 Tbsp cooking sake
- 2 Tbsp honey or maple syrup
- 1 Tbsp finely grated ginger
- 1 Tbsp lemon juice
- 1 Tbsp soy sauce
- 2 tsp sesame oil

GREENS

- 250g green beans (8.8oz)
- 250g Shanghai bok choy (8.8oz)
- 2 cloves garlic
- 2 tsp olive oil
- 1 Tbsp soy sauce
- 1/2 Tbsp lemon juice
- 1 tsp sesame oil

TO SERVE

- 2 x 250g microwave pouches brown rice (2 x 8.8oz)
- 2 spring onions
- 2 Tbsp sesame seeds

1. PREPARE SALMON

Preheat oven to 180°C (360°F) fan bake. Cut four pieces of baking paper large enough to wrap a piece of salmon in. Place a piece of salmon in the middle of each piece of baking paper. Season salmon with a little salt and pepper.

2. Julienne carrot or cut into matchsticks. Place miso paste, sake, honey or maple syrup, ginger, lemon juice, soy sauce and sesame oil in a bowl. Whisk with a fork until smooth and well combined. Spoon half the mixture on top of the salmon, then top with carrots and spoon remaining mixture over the top.

3. Wrap each piece of salmon up like a present, folding the ends in tightly and leaving the seam at the top. Place on a large oven tray and bake for 15 minutes, until salmon is just cooked through.

4. PREPARE GREENS

Meanwhile, trim ends off beans and bok choy. Crush garlic. Heat oil in a large frying pan on high. Add beans and bok choy and leave to sit for 2 minutes. Add garlic, soy sauce, lemon juice and sesame oil and stir fry for a minute or two, until greens are tender.

5. SERVE

Microwave rice according to instructions on the packet. Thinly slice spring onions. Divide rice between warmed serving plates. Top with salmon and greens, including any sauce in the salmon parcels. Sprinkle with spring onions and sesame seeds.



WINE MATCH: A Pinot Noir.

MISO GINGER SALMON RECIPE NOTES

GLUTEN-FREE OPTION: Make sure miso paste and sake are gluten-free. Use gluten-free soy sauce.

INGREDIENT SWAPS / NOTES: Salmon can be swapped for white fish fillets or boneless, skinless chicken thighs (increase cooking time to 25 minutes for the chicken). Cooking sake can be replaced with mirin (reduce maple syrup / honey to 1 1/2 tablespoons), Chinese cooking wine or dry sherry.

STORING AND REHEATING: Store individual portions in containers in the fridge. Reheat in the microwave.