

Miso glazed salmon

INGREDIENTS

- Fresh salmon filet

Marinade:

- ½ cup white miso paste (shiro miso)
- ¼ cup sugar
- 3 tbsp. sake
- 3 tbsp. mirin

Vegetables:

- Mixed peppers (red and yellow)
- Green beans
- Sugar snap peas
- Broccoli

Rice:

- 1 cup tilda basmati rice
- 2 cups water



FOR GARNISH

- Pea-shoots or fresh herbs

PREPARATION

1. Cut your fresh salmon filet into 4oz. portions.
2. Mix marinade ingredients together until combined.
3. Dip salmon in marinade and allow to marinate for 4-6 hours in the fridge.
4. Prepare your vegetables; julienne the peppers, cut the green beans and snap peas in half on the bias, and cut the broccoli into small florets.
5. Sauté vegetables in a hot pan with canola oil for 1-2 minutes so they still have a crisp bite.
6. Rinse your basmati rice in a fine-mesh strainer under cold water until water runs clear.
7. In a medium pot, bring rice to a boil and reduce heat to a simmer. Cover and cook approximately 10 minutes until water is absorbed; then remove from heat and let stand 5 minutes.
8. Preheat oven to broiler setting (top heat). Brush excess marinade off the salmon portions and place on a baking sheet lined with foil and sprayed with cooking spray to prevent sticking.
9. Cook under broiler for approximately 8-10 minutes until cooked. Serve with rice and veggies!