



Nourish Recipe

Miso Salmon

Servings: 4

Ingredients

4 salmon fillets, no skin about 7oz each

1 Tbsp fresh chopped chives

Marinade

1 Tbsp fresh ginger, grated

2 cloves garlic, crushed

2 Tbsp honey

1 tsp sesame oil

3 Tbsp white Miso paste

Juice of ½ lemon



What you'll need



measuring
spoons



bowl



large non-stick
skillet

Nutrition Facts

Servings 4

Amount Per Serving

Calories 347

% Daily Value

Total Fat 14.5g 19%

Saturated Fat 1.9g 10%

Cholesterol 88mg 29%

Sodium 879mg 38%

Total Carbohydrate 14.4g 5%

Dietary Fiber 0.3g 1%

Sugars 9g

Protein 40.8g

Vitamin D 0mcg 0%

Calcium 76mg 6%

Iron 2mg 8%

Potassium 797mg 17%

Instructions

1. Mix all the marinade ingredients into a bowl and set aside.
2. Heat a large pan over a medium heat with no oil (or a small amount applied to fillets if not a non-stick pan) and add the salmon fillets. Cook for 3-4 minutes and turn, cook for an additional 3 minutes. For sashimi style in the middle, cook 2 minutes each side, or cook longer than the 3-4 minutes depending on your doneness preference.
3. Reduce the heat, spoon over some miso paste onto the salmon and sauté. Turn and coat all the fish. Don't cook for long, 30 seconds to a minute should do as the marinade will burn if left too long.
4. Plate over wok fried vegetables if desired and serve with some additional miso paste.



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