



Miso-marinated salmon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp miso (shiro)
- ☐ 2 tbsp mirin
- ☐ 1 tbsp sugar
- ☐ 1 tbsp rice wine
- ☐ 200 g salmon fillet
- ☐ 2 servings cucumber
- ☐ 2 tsp rice vinegar
- ☐ 1 tsp vegetable oil

☐ 1 pinch sugar

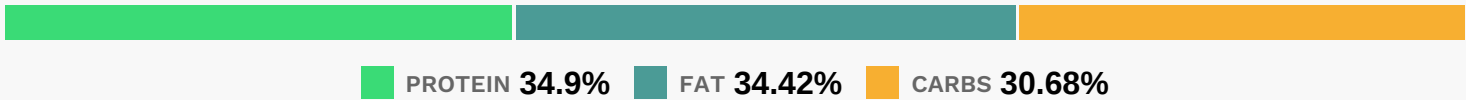
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ peeler

Directions

- ☐ Stir together the miso, mirin, sugar and sake, if using.
- ☐ Place the salmon fillets on a plate or in a medium food bag and cover with the miso marinade. Leave in the fridge for at least 30 mins or, better still, overnight.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Lightly oil a baking tray. Use kitchen paper to wipe off the marinade (dont be tempted to wash it off as you will lose some of the flavour).
- ☐ Place the fillets on the baking tray, skin side down. Cook in the oven for 15 mins until the fish flakes easily and is cooked through.
- ☐ Meanwhile, make the cucumber salad. Using a vegetable peeler, shave the cucumber into long, thin ribbons.
- ☐ Whisk together the rice wine vinegar, oil and sugar. Toss the cucumber ribbons in the dressing, then curl them up on two plates.
- ☐ Serve with the salmon and some plain white rice sprinkled with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:133.09, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:16.465217218775%

Nutrients (% of daily need)

Calories: 273.46kcal (13.67%), Fat: 10.15g (15.61%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 18.97g (6.9%), Sugar: 12.08g (13.43%), Cholesterol: 55mg (18.33%), Sodium: 1125.54mg (48.94%), Alcohol: 2.91g (100%), Alcohol %: 2.24% (100%), Protein: 23.15g (46.29%), Selenium: 38.46µg (54.94%), Vitamin B12: 3.2µg (53.34%), Vitamin B6: 0.87mg (43.46%), Vitamin B3: 8.09mg (40.46%), Vitamin B2: 0.44mg (25.94%), Phosphorus: 241.4mg (24.14%), Copper: 0.36mg (17.96%), Vitamin B5: 1.75mg (17.52%), Vitamin B1: 0.25mg (16.75%), Potassium: 547.02mg (15.63%), Manganese: 0.24mg (11.94%), Vitamin K: 11.68µg (11.13%), Magnesium: 41.86mg (10.46%), Zinc: 1.3mg (8.65%), Iron: 1.45mg (8.05%), Folate: 29.99µg (7.5%), Fiber: 1.38g (5.54%), Calcium: 27.42mg (2.74%), Vitamin A: 62.9IU (1.26%), Vitamin E: 0.19mg (1.25%)