

# MISO SALMON



Serves 2 | Prep time: 40 mins

Cook time: 6-8 mins

## INGREDIENTS

2 x 150g salmon fillets

1 tbsp miso paste

½ tsp mirin

1 tsp rice wine vinegar

Juice from ½ lime

1 tbsp ginger, grated

1 tbsp soy sauce

1 tbsp extra virgin olive oil

Brown rice and Asian greens to serve

## METHOD

1. Whisk together miso paste, mirin, rice vinegar, lime juice, ginger and soy sauce in a small bowl until mixture is well combined.
2. Coat each salmon fillet in miso sauce. Cover and refrigerate for 30 minutes.
3. Heat oil in a pan over medium heat. Cook salmon for 3-4 minutes on each side or until cooked.

Serve with brown rice and wok-fried Asian greens.

Note: Ocean trout tastes just as delicious in this recipe.



THE NUTRITION GUY

## NUTRITION TIP

Miso contains several nutrients, including manganese, vitamin K and zinc. What's more, the fermentation process used in creating miso better enables the body to absorb those nutrients.