

Miso Salmon with Broccoli Rice



Ballarat Health Services

Ingredients

2 bunches Dutch carrots, peeled, ends trimmed
400g frozen edamame or broad beans
1 tbs honey
1 1/2 tbs miso paste
4 Skin-On Salmon Portions
1 large head broccoli, stem and florets coarsely chopped
2 tsp sesame oil
2 tsp finely grated ginger
1/2 cup (150g) whole-egg mayonnaise
1 tsp wasabi paste



Method

- Step 1** Preheat grill on medium-high. Line a baking tray with foil.
- Step 2** Cook the carrots in a large saucepan of boiling water for 10 mins, adding the edamame or broad beans in the last 2 mins of cooking. Drain. Peel the edamame or broad beans.
- Step 3** Meanwhile, combine the honey and 1 tbs miso in a large bowl. Add the salmon and turn to coat. Place the salmon, skin-side down, on the lined tray. Cook under the grill for 5 mins or until salmon is caramelised and cooked to your liking. Set aside for 5 mins to rest.
- Step 4** Process the broccoli in a food processor until finely chopped. Heat the oil in a large frying pan over medium heat. Add the broccoli and ginger and cook, stirring, for 2-3 mins or until heated through.
- Step 5** Combine the mayonnaise, wasabi and remaining miso in a small bowl. Add a little hot water and stir until smooth and well combined.
- Step 6** Divide the broccoli mixture among serving plates. Top with the edamame or broad beans, carrots and salmon. Drizzle with the mayonnaise mixture.

Quick week
night
dinner
packed with
omega-3
fatty acids

Source: www.taste.com.au