



MISO GLAZED SALMON & BOK CHOY

SERVINGS: 2 ACTIVE TIME: 20 mins TOTAL TIME: 20 mins

This Miso Glazed Salmon with Bok Choy recipe is the epitome of a week night dinner done right. The whole recipe takes 20 minutes from start to finish and is packed with nutrients to keep you going until the weekend. You will finish dinner feeling light and satisfied. The miso glaze helps make the taste of salmon a delight to even the pickiest of palates. Make dinner a breeze tonight with this recipe!

Ingredients

- > 2 8oz. salmon filets
- > 6 – 8 baby bok choy bunches, or half of a large bok choy bunch
- > 2 large cloves of garlic
- > 2 tablespoons miso paste
- > 2 tablespoons soy sauce
- > 1 tablespoon rice wine vinegar
- > 1 tablespoon honey (or sugar is fine)
- > 1 tablespoon olive oil
- > 1/4 teaspoon sesame oil

Directions

1. We will begin by whisking together the miso paste, soy sauce, rice wine vinegar, honey, olive oil and sesame oil into a small bowl. Whisk until the miso paste is well incorporated into the other ingredients and the final product is a very thick liquid. If your final product is a bit more on the paste side, add a little more soy sauce or vinegar to thin it out. Set aside to be used later.
2. Thoroughly rinse the bok choy under cold running water and then trim off the very end of the root end of the bunch. If using baby bok choy, cut the larger “leaves” in half lengthwise and discard the very center of the bunch. If using adult bok choy, cut large one inch wide strips, or “noodles,” out of the leaves so that each strip has a leafy top on one end and some of the firmer flesh on the other. While cutting the bok choy, mince two cloves of garlic and set the cutting board aside for a moment.
3. Preheat the broiler in your oven. Line a baking sheet with tin foil or a silpat. If you have a silpat, I would highly recommend it as fish has a knack for sticking to things. If using tin foil, make sure to apply oil before placing the salmon filets onto the sheet. Arrange the filets in the center of the baking sheet and then use a basting brush to coat the salmon in the miso glaze. Once the

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Shopping List

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|----------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> 2 8 oz. salmon filets | <input type="checkbox"/> 2 large cloves of garlic | <input type="checkbox"/> rice wine vinegar |
| <input type="checkbox"/> 6 – 8 baby bok choy bunches or half of a large bok choy bunch | <input type="checkbox"/> miso paste | <input type="checkbox"/> honey |
| | <input type="checkbox"/> soy sauce | <input type="checkbox"/> sesame oil |

broiler is preheated, place the baking sheet in the center of the oven broil the salmon for 4 to 5 minutes to cook the salmon to reach an internal temperate of medium. 3 to 4 minutes for medium rare and six minutes for well done. These are estimated guidelines as fish filets are often inconsistent in how thick they are, so you will likely have to make a judgment call.

4. While the salmon is in the oven, heat a large skillet over medium high heat for a minute to allow it to warm up. Add olive oil to the pan and sauté the bok choy over medium high heat for five minutes until it is lightly browned and softened. Add the garlic for the final minute of the sauté along with salt and a generous crack or two of black pepper. A dash or two of red wine vinegar does a nice job of rounding off the more bitter flavors in the bok choy as well.
5. When the salmon is cooked to your liking, remove from the oven and allow to cool slightly on the stove top while you plate the bok choy. Using a sturdy spatula, carefully lift the miso glazed salmon from the baking sheet and transfer to the dinner plates. Serve immediately.



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