
Roasted Salmon with Misoyaki Sauce

Description

Salmon is one of the healthiest foods to include in your diet and this is a failsafe way to prepare it. This is a super easy sauce that goes well with EVERY fish (especially black cod – which locals call butterfish, no doubt because it melts in your mouth!). This is a great way to entice anyone who doesn't care for fish or is afraid to cook it – the result is delicious and easy to prepare.

Total time: 30 min Yield: 4 to 5 servings

Ingredients

cooking spray
1/2 cup low sodium shoyu
1/2 cup sugar
1/2 cup white miso paste
2 tsp mirin
3 Tbsp minced fresh garlic
2 to 3 lb salmon filet (with or without skin)
toasted black sesame seeds
2 to 3 Tbsp thinly sliced garlic chives, regular chives or green onion

Prep Time: 20 min Cooking Time: 10 min Total Time: 30 min

Instructions

Preheat oven to 350° and spray your baking dish with cooking spray. To make the sauce, in a small bowl, combine the shoyu, sugar, miso paste, mirin and garlic. Stir well until all the ingredients are incorporated into a smooth sauce.

Lay the salmon filet on your prepared baking dish and pour sauce over the fish to completely cover it (you will probably have extra sauce to use for another great meal!). Sprinkle with black sesame seeds then place baking dish into your preheated oven. A timer really helps, 10 minutes should be enough – but to be really accurate, you can use an instant read thermometer (135° is perfectly cooked fish!). Remove from the oven and garnish with your sliced chives or green onion. Serve with rice or over grains like quinoa.

Recipe brought to you by:

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