

MISO ROAST SALMON WITH A WINTER SESAME SALAD



This miso marinade is a favourite in my kitchen. I love to make a batch of it and use it over the space of a few weeks. This salmon is delicious served with steaming hot soba noodles and this winter sesame salad, or a pile of sesame oil dressed cucumbers.

Ingredients Serves 4

For the salmon

- 4 salmon fillets (about 150g each), skin on or 1 whole side of salmon (about 600g)
- 2 tbsp white miso paste
- 1 tbsp runny honey (or maple syrup)
- 1 tbsp soy sauce
- 1 tbsp rice vinegar (or lime juice)
- 1 tsp grated fresh ginger
- 1 small garlic clove, finely grated
- 1 tbsp sesame oil

For the winter salad

- 200g kale or cavolo nero or white cabbage
- 1 orange
- 1/2 fennel bulb (optional)
- Toasted walnuts or sesame seeds
- Splash of rice vinegar
- Extra virgin olive oil or a little more sesame oil

Method

- 1.** In a small bowl, whisk together the miso paste, honey, soy sauce, rice vinegar, ginger, garlic, and sesame oil until smooth.
- 2.** Place the salmon in a shallow dish and spoon over the marinade. Turn to coat, cover, and leave for at least 20 minutes or up to 2 hours in the fridge for best results.
- 3.** Preheat the oven to 200°C (180°C fan). Line a baking tray with parchment and lay the salmon skin-side down. Spoon over any leftover marinade. Roast for 12-15 minutes until the salmon is just cooked through and flakes easily (timing will depend on the size of your fillets or salmon side).

For the winter salad

- 1.** Finely slice the kale and place in a bowl. Drizzle some olive oil and add a pinch of salt, and massage gently until softened using your hands.
- 2.** Segment the orange and add it to the bowl, along with the finely sliced fennel (optional) and toasted walnuts or sesame seeds. Dress with a splash of rice vinegar and a drizzle of oil or sesame oil.
- 3.** Serve the salmon with steamed rice or noodles and the winter salad alongside. Top it off with extra sesame seeds and sliced spring onions.