

Miso Glazed Salmon with Brown Rice and Sautéed Chinese Broccoli

Indulge in a nutritious and flavorful meal featuring miso-glazed salmon paired with wholesome brown rice and vibrant sautéed Chinese broccoli. This dish is not only satisfying but also packed with essential nutrients.



Chinese

50 min

Total time

medium

Difficulty

600

kcal / serving

Ingredients

- 1 salmon fillet (6 oz)
- 1 tablespoon miso paste
- 1 teaspoon soy sauce
- 1 teaspoon honey
- 1/2 cup brown rice
- 1 cup water
- 1 cup Chinese broccoli (or Gai Lan)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Sesame seeds for garnish (optional)

Steps

- 1 In a small bowl, mix together miso paste, soy sauce, and honey to create a glaze.
- 2 Preheat the oven to 400°F (200°C). Place the salmon on a baking sheet lined with parchment paper and spread the miso glaze over the top.
- 3 Bake the salmon for 12-15 minutes or until cooked through and flaky.
- 4 While the salmon is baking, rinse the brown rice under cold water. In a small pot, combine the brown rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for 30-35 minutes or until the water is absorbed.
- 5 In a skillet, heat olive oil over medium heat. Add minced garlic and sauté for 30 seconds.
- 6 Add the Chinese broccoli to the skillet, season with salt and pepper, and stir-fry for about 3-4 minutes until tender but still bright green.
- 7 Serve the baked salmon over a bed of brown rice, with sautéed Chinese broccoli on the side. Garnish with sesame seeds if desired.