

Miso Glazed Salmon

This Miso Glazed Salmon is a delightful Japanese dish that combines the rich flavors of miso with the tender, flaky texture of fresh salmon. Perfect for a quick and healthy meal, it's both satisfying and packed with umami goodness.



Main Dish

Japanese

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 salmon fillet (150g)
- 1 tablespoon miso paste
- 1 tablespoon mirin
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1 green onion, chopped (for garnish)
- 1/2 teaspoon sesame seeds (for garnish)
- Steamed rice (optional, for serving)

Steps

- 1 Preheat your oven to 200°C (400°F).
- 2 In a small bowl, mix the miso paste, mirin, soy sauce, and sesame oil until smooth to create the marinade.
- 3 Place the salmon fillet on a baking sheet lined with parchment paper.
- 4 Brush the miso marinade generously over the salmon fillet, ensuring it's well coated.
- 5 Bake in the preheated oven for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork.
- 6 Once cooked, remove from the oven and let it rest for a minute.
- 7 Garnish with chopped green onion and sesame seeds before serving.
- 8 Serve with steamed rice if desired.