JAPANESE · DINNER

# Miso-Marinated Baked Salmon

85 min · Serves 2 · 453 kcal a serve · Video 5:27 · Just One Cookbook

Pescatarian · No dairy listed · No nuts listed

Each serve gives about 43 g of protein, more than two days' omega-3 and B12 and a full day's vitamin D from the salmon. The flavour comes from miso rather than a sugary glaze: about 5 g of sugars a serve, mostly from the mirin.

**Diet notes:** Low saturated fat (4.9 g, 9.7% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce and a rice or soybean miso with no barley or wheat.

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## Ingredients 8 · SERVES 2

- [ ] 450 g **skin-on salmon fillet**, cut into 2 pieces
- [ ] 2 Tbsp **miso** (white miso works well)
- [ ] 1 Tbsp **sake**
- [ ] 1 Tbsp **mirin**
- [ ] 1 Tbsp **soy sauce**
- [ ] ¼ tsp **toasted sesame oil**
- [ ] **Sesame seeds**: ½ tsp toasted white and black sesame seeds, to garnish (optional)
- [ ] 1 **green onion**, chopped, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten, Fish, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Run your fingers along the salmon flesh and pull out any pin bones; scrape the skin with the back of a knife to remove stray scales. Cut into two portions. 0:44
2. Whisk the miso, sake, mirin, soy sauce and sesame oil into a smooth marinade. 0:12
3. Spoon the marinade over the salmon, coating the flesh and skin, then cover and refrigerate for 1–2 hours. 1:30
4. Heat the oven to 220°C. Scrape off the excess marinade so it does not burn, and place the salmon skin-side down on a parchment-lined tray. 2:23
5. Bake for about 18–20 minutes, depending on thickness, until the thickest part reaches 52–54°C (an oven probe helps). For a charred top, finish under a hot grill for about 3 minutes. 2:47
6. Sprinkle with sesame seeds and chopped green onion and serve with rice. 4:34

> **Tip** Marinate 1–2 hours (up to 3 for thick fillets) but not overnight. Nami serves it with ginger rice and miso soup. Trout or other firm fish work with the same marinade.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **453** kcal | **43** g | **9.8** g | **1.3** g | **25** g | **1,220** mg |
| 1,900 kJ | 87% of a day | 8.4 g net · 5.2 g sugars | 5% of a day | 4.9 g saturated | 53% of a day |
| | | 4% of a day | | 31% of a day | |

**Energy from** net carbs 8% · protein 40% · fat 52% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Omega-3 265% · Vitamin B12 212% · Selenium 140% · Vitamin D 100% · Vitamin B6 68% · Vitamin E 44%

**Source of** (10–19%) Magnesium 18% · Vitamin K 18% · Potassium 17% · Folate 16% · Zinc 13% · Vitamin A 12%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=7vNG3k3wuPg, published 2 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/miso-salmon