JAPANESE · DINNER

Salmon Chan Chan Yaki with Miso Vegetables

45 min · Serves 2 · 576 kcal a serve · Video 7:47 · Cooking with Dog

Pescatarian · No nuts listed

About 35 g of protein and 3.4 g of omega-3 a serve from the salmon, plus 8 g of fibre from the cabbage, mushrooms, potato and corn. Rich in vitamin D, B12, selenium and vitamin C.

Diet notes: Low saturated fat (6 g, 9% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce and a miso labelled gluten-free (rice or soy miso, not barley).

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Ingredients 20 · SERVES 2

- [ ] 2 **salmon fillets**, pin bones removed
- [ ] a sprinkle of **salt**, for the salmon (about ⅓ tsp)
- [ ] 2 tsp **sake**, for the salmon
- [ ] a little **vegetable oil** to sear the salmon (about 1 tsp)
- [ ] ½ tbsp **vegetable oil** for the griddle
- [ ] 3 tbsp **water**, to steam the potato
- [ ] 1 **potato**, peeled and cut into 1 cm slices
- [ ] ½ **onion** (100 g), sliced
- [ ] 2 **cabbage leaves** (200 g), cut into 5 cm squares
- [ ] 2 **shiitake mushrooms**, sliced
- [ ] 50 g **shimeji mushrooms**, separated
- [ ] 1 **green capsicum** (Japanese piman, a small bell pepper), cut into strips
- [ ] ½ **long green onion** (negi), sliced diagonally
- [ ] 5 tbsp **frozen corn**
- [ ] 2 tsp **butter**
- [ ] 2 tbsp **miso**
- [ ] 2 tbsp **sake**, for the sauce
- [ ] 1 tsp **soy sauce**
- [ ] 2 tsp **sugar**
- [ ] 1 tsp grated **ginger**

Allergens found in the listed ingredients: Gluten, Fish, Milk, 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. Scrape the film off the salmon skin and pull out any bones. Sprinkle both sides with salt, rub with 2 tsp sake and leave for about 15 minutes. 0:16
2. Pat the salmon dry. Sear it skin side down in a little hot oil until golden, then flip and lightly brown the other sides. Set aside; it finishes cooking later. 1:12
3. Cut the cabbage into 5 cm squares and slice its stalks thinly on an angle. Slice the onion, shiitake caps and stems, potato and pepper; break up the shimeji and slice the long green onion on an angle. 2:07
4. Whisk the miso, 2 tbsp sake, sugar, soy sauce and grated ginger until smooth. 4:15
5. Oil a griddle or large lidded frying pan, lay in the potato slices and add 3 tbsp water. Cover and cook on high for about 5 minutes, then turn the slices. 4:41
6. Scatter over the onion, cabbage, mushrooms, pepper, long green onion and corn. Put the salmon and butter on top, pour the miso sauce over everything, cover and cook about 3 minutes on high, lowering the heat if it catches. 5:29
7. Uncover and toss the vegetables through the sauce until tender. Break the salmon into bite-size pieces and serve with the vegetables. 6:35

> **Tip** Any large lidded frying pan works if you don't have an electric griddle. Miso varies in saltiness, so start with a little less and add to taste.

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
576 kcal	35 g	49 g	8.3 g	26 g	1,270 mg
2,410 kJ	71% of a day	41 g net · 15 g sugars	29% of a day	6 g saturated	55% of a day
		18% of a day		34% of a day	

Energy from net carbs 30% · protein 26% · fat 44%

High in (20%+ of a day) Omega-3 212% · Vitamin B12 141% · Selenium 101% · Vitamin K 84% · Vitamin B6 84% · Vitamin C 82% · Vitamin D 67% · Vitamin E 40% · Folate 36% · Potassium 32% · Magnesium 26% · Zinc 20%

Source of (10–19%) Iron 19% · Vitamin A 15%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cooking with Dog (@cookingwithdog) on YouTube — youtube.com/watch?v=ydQ7d-VBiFM, published 3 December 2011. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/salmon-chan-chan-yaki-miso-vegetables