

FIONA TUCK

NUTRITION WELLNESS YOGA



Miso Salmon

Ingredients:

2 middle pieces salmon
1 teaspoon olive oil
1/4 small red cabbage
1 small carrot
1 spring onion
1 cup cooked brown rice
2 teaspoons black sesame seeds

Prep: 15 mins

Cook: 10 mins

Serves: 2

For the dressing:

3 teaspoons miso paste
1/2 teaspoon ginger powder
1 tablespoon olive or macadamia oil
3 tablespoons water

Directions:

1. Heat a medium-sized frying pan over medium heat. Rub salmon with olive oil and place, skin side down, in the pan.
 2. Cook for 5-6 minutes before turning over and continuing to cook the fish for 3-4 minutes.
 3. Meanwhile, finely shred the cabbage, grate the carrot and slice spring onion. Place in a large bowl, add rice and sesame seeds and mix well. To make the dressing whisk all ingredients in a jug and pour over the cabbage and rice mixture. Mix well to coat the salad.
 4. Divide the salad between two plates and top with the salmon, served crispy skin side up.
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