

Salmon with miso, ginger, and lime



Prep Time

15 mins

Cook Time

20 mins

Total Time

35 mins

Course: Main Cuisine: Asian Servings: 6 people

Ingredients

- 3 lb 1.4kg; about 1 medium piece salmon or arctic char, skin still on
- 2 tbsp sunflower oil
- salt
- 2 1/2 tbsp mirin
- 2 1/2 tbsp maple syrup
- 2 1/2 tbsp soy sauce
- 1/4 cup/80g white miso
- 2/2- inch/6cm piece fresh ginger peeled and finely grated (about 3 tbsp)
- 3 garlic cloves crushed
- 1 lime peel shaved into fine strips, then juiced
- 1 1/2 oz/40g cilantro stems* cut into 2 1/2-inch/6cm lengths
- 2 red chiles sliced in half lengthwise
- 12 green onions 10 sliced in half lengthwise, 2 thinly sliced, to serve (4 1/2 oz/120g)

Instructions

1. Preheat the oven to 425°F. Prepare a high-sided baking pan (about 9 x 13 inches/24 x 36cm) by covering the inside with a large piece of parchment paper.
2. Cut the salmon steak into 2 equally-sized pieces. Brush both sides of each salmon piece with the oil and 3/4 teaspoon salt.
3. Place a large frying pan over medium-high heat. Once hot, add one piece of salmon, skin side down, and sear for 4-5 minutes, until golden brown, then remove from the pan. Repeat with the remaining piece.
4. Place the mirin, maple syrup, soy sauce, miso, ginger, garlic, lime strips,

and lime juice in a large bowl. Whisk to combine, then add the salmon pieces to the bowl and gently coat each piece in the sauce.

5. Put the cilantro, chiles, and the 10 halved green onions onto the prepared pan and place the salmon on top, skin side up. Drizzle any remaining sauce into the dish. Cover the dish tightly with foil and bake for 15 minutes. Remove the foil and return the dish to the oven for 5 minutes, uncovered. The salmon will be golden brown, sticky, and tender and the chiles and green onions will be soft.
6. To serve, place a piece of salmon on each plate and surround it with the cilantro, chile, and halved green onions. Finally, drizzle with the reduced sauce and sprinkle with the thinly-sliced green onions.

Notes

*omit stems if serving someone who doesn't enjoy cilantro.