Salmon ‘N Soba
Miso Glazin’

A sweet and salty miso glaze caramelized over a salmon fillet with sesame soba noodles and a vegetable medley. Learn to cook fish to desired juicy and delicious doneness. Soba noodles are loaded with a hearty buckwheat flavor that pair perfectly in this dish.

**Prep time:** 15 minutes  
**Cook time:** 20 minutes  
**Serving size:** 3

Price Per Recipe: $15.41  
Price Per Serving: $5.13

**Ingredients**

3-4 oz. pieces of salmon  
S & P TT  
3 oz. soba noodles

Miso Glaze:  
2 tablespoon miso paste (white)  
2 teaspoon soy sauce  
1 tablespoon honey  
1 teaspoon fresh grated ginger  
1 teaspoon minced garlic  
2-3 tablespoons water

Sesame sauce:  
2 tablespoon sesame oil  
2 tablespoon soy sauce  
1 teaspoon honey  
1 teaspoon ginger  
1 lemon, juice  
½ teaspoon lemon zest  
~¼ cup water

**Optional Additions**

Sauce:  
1 ½ teaspoon fish sauce

Vegetable medley:  
1 shredded carrot  
5 large mushrooms, sliced  
White ends of scallions  
Spiralized zucchini

Garnish:  
1 bunch of scallions  
½ teaspoon sesame seeds

**Vegetable medley:**  
1-2 tablespoon oil  
2 tablespoon minced garlic  
1 cup cabbage

Understanding Miso

Miso is a savory, salty paste rich in protein and nutrients, & utterly delicious giving the umami flavor. A little tub of miso is a useful ingredient to have on hand. It naturally fermented paste made by combining cooked soybeans, salt, & often some other ingredients.
**Mise en Place**
Cook soba noodles- follow directions on the package
Pat salmon dry with a paper towel. Season with salt and pepper on both sides
Grate ginger (peel optional)
Zest and juice lemon
Mince garlic cloves
Trim bok choy and separate leaves

**Step 1: Get Saucy with it**
**Sesame sauce** - In a small bowl combine lemon juice and zest, soy sauce, sesame oil, honey, ginger. Set aside.
**Glaze for salmon** - in a small bowl combine miso paste, soy sauce, honey, ginger. Lightly coat salmon with glaze and reserve the rest.

**Step 2: Cooking fish to delicious doneness**
Heat olive oil in skillet at a medium high heat. Add salmon fillets to hot oil and sear for 4 minutes on each side. Lower heat

**Step 3:**
Add glaze and 2-3 tablespoons of water to the pan. Reduce glaze by ½ for 3-4 minutes remove from pan and set side, 120 degrees. Cover with remaining glaze. Lower heat

**Step 4: Vegetable Medley**
Add more oil if needed, then add cabbage mixture to pan. Saute on medium (3-4 minutes) then remove from pan, set aside. Add garlic, mushrooms and carrots. Cook on a medium heat for 3 minutes. Add sauce sesame sauce and varied water to the vegetable medley and mix well until fully coated. Cook for 3 minutes. Turn off heat.

**Step 5: Plate, garnish & serve**
Assemble by layering noodles, cabbage, vegetable medley then top with salmon fillet. Drizzle with more sauce if desired. Garnish with sesame seeds and scallions. Serve immediately. ENJOY!