RECIPE

Broiled Miso Salmon Breakfast Bowl

A small piece of salmon under a thin broiled miso glaze, with brown rice and sesame spinach, a Japanese-style breakfast of about 320 mg sodium a serving.

MAKES

2 servings US Metric

TOTAL

20 min

Ingredients

- [ ] 2 skinless wild coho salmon pieces (3 oz / 85 g each, 170 g in all)
- [ ] 2 tsp white miso, for the glaze
- [ ] 1 tsp cider vinegar, for the glaze
- [ ] 1 tsp grated fresh ginger, for the glaze
- [ ] 1 cup boiled, drained spinach, measured cooked and packed, no salt in the water
- [ ] 1 tsp toasted sesame oil, for the spinach
- [ ] 1 ½ cups cooked brown rice, no salt in the water
- [ ] 1 scallion, thinly sliced
- [ ] ¼ tsp black pepper
- [ ] Oil spray for the foil

Method

1. Heat the broiler on high and set a rack about 6 inches under it. Line a small baking sheet with foil and rub the foil with a drop of oil from a spray can; the oil is for the foil, not the fish.

2. Stir the miso, vinegar and ginger with 2 tsp water until it is a loose paste you can brush. Lay the salmon on the foil and brush half of the glaze over the tops only, in a thin even coat.

3. Broil 8 to 10 minutes, until the glaze is spotted brown and the fish flakes. A thermometer in the thickest part should read 145 °F (USDA). If the glaze darkens too fast, drop the rack a notch; do not add more glaze.

4. While it broils, boil the spinach in unsalted water 1 minute, drain, press lightly and toss with the sesame oil and the pepper. Warm the rice.

5 Brush the rest of the glaze over the cooked salmon. Split the rice, spinach and fish between two bowls and scatter on the scallion.