



Miso Honey Salmon with Quinoa



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 palm-sized Wild Atlantic Salmon
- 1 hand-sized Quinoa
- 1/2 tbsp White Miso
- A splash of Orange Juice
- 1 tsp Honey
- 1/2 tsp Fresh Ginger, grated
- 1 tsp Sesame Seeds
- A handful Edamame (shelled)

DIRECTIONS

1. Cook quinoa and shelled edamame according to package.
2. In the meantime, preheat oven.
3. In a small bowl whisk together the miso, honey, ginger, and orange juice until well blended.
4. Place the salmon on an oven safe sheet and pat dry. Spread the miso sauce over the salmon and allow to sit for a few minutes before baking.
5. Bake salmon for 15-20 minutes until cooked through.
6. Serve salmon warm with edamame and quinoa

AVERAGE NUTRITION INFO

Energy : 2445 kJ / 585 Cal

Fat : 19 g

Carbs : 54 g

Protein : 49 g

Fibre : 7 g

Sugar : 8 g

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