

Spicy Miso-Glazed Salmon. Sautéed Kale.

Serves 2

Roasted Lemon-Ginger Cauliflower.

Prep Time: 30-35 minutes

Miso is a traditional Japanese seasoning made from fermented soybeans. It will keep almost indefinitely in the refrigerator, and it's 100% worth trying!!

Shopping List:

Produce

2-3 cups cauliflower florets
fresh ginger
1 lemon
1 bunch of kale
1-2 cloves of garlic

Grocery

¼ tsp red pepper flakes

Refrigerated

1 tbsp miso paste
2 (4-6 oz) salmon filets

Recipe:

2-3 cups cauliflower florets
1 tbsp fresh ginger, grated
zest of 1 lemon
olive oil
¼ tsp red pepper flakes
1 tbsp miso paste (white or red)
2 (4-6 oz) salmon filets
1 bunch of kale, stems removed, cut into ½-inch ribbons.
1-2 cloves of garlic, thinly sliced

1. Preheat oven to 425. Toss cauliflower with olive oil, salt and pepper and roast on a parchment lined baking sheet for 15-20 minutes until tender.
2. While cauliflower is roasting, make glaze for salmon by stirring together red pepper flakes, miso, and 1 tbsp of olive oil.
3. When cauliflower is done, transfer to a serving bowl and toss with grated ginger and lemon zest. Cover with foil and keep warm until ready to serve.
4. Switch oven to broiler setting, and cover baking sheet with a new piece of parchment or foil if needed. Place salmon filets on sheet pan sprinkle with salt if desired, and brush with glaze.
5. Heat a little oil in a nonstick skillet over medium heat. Add garlic slices and cook 30 seconds. Add kale and quickly toss to coat with oil and garlic. Add 1-2 tbsp of water, and cover to steam for 2 minutes. Remove lid, and continue sautéing until water has evaporated, and kale is tender.
6. When broiler is ready, place tray with salmon in the oven. Broil 3-5 minutes, or until cooked to your liking – keeping a close eye on it.

Cooks Tips:

- You can simplify this recipe by omitting the lemon zest and/or ginger, or by swapping cauliflower with another vegetable you have on hand.
- Taste a little of the glaze before brushing it on your fish, and use sparingly if it's too spicy for your taste.