

## Grilled Miso Salmon with Daikon and Spinach

Serves 2

- 220g skinless salmon fillet, cut into 2 pieces
- 1 T miso
- 1 T mirin
- 100g grated daikon
- 150g boiled spinach, squeezed and chopped
- 120g cooked genmai rice (about 60g per serving)
- 1 tsp sesame oil (for drizzling)
- 1 tsp white sesame seeds (optional)
- Shichimi togarashi, to taste



### 1. **Marinate the Salmon:**

In a small bowl, mix the miso and mirin. Spread this mixture over the salmon pieces. Let them sit for 10–15 minutes while preparing the sides. (You can marinate longer if desired, but keep it short if the miso is strong.)

### 2. **Prepare the Spinach:**

Boil spinach briefly (30–60 seconds), then drain and squeeze out excess water. Chop roughly and season lightly with a pinch of salt or a few drops of soy sauce if desired.

### 3. **Grate the Daikon:**

Peel and grate daikon (100g). Place in a small dish and drain lightly if watery, but keep it moist.

### 4. **Grill the Salmon:**

Preheat the grill. Place salmon on foil or parchment and grill about 4–5 minutes per side, depending on thickness, until just cooked through and lightly caramelized on top.

### 5. **Plate the Dish:**

Divide the genmai rice onto plates or shallow bowls. Add a mound of spinach and daikon. Place the grilled salmon on top or to the side.

### 6. **Finish:**

Drizzle with sesame oil, sprinkle sesame seeds if using, and add a light dusting of shichimi togarashi.

### Per Serving (1 of 2):

Nutrient	Value (approx.)
Calories	390 kcal
Protein	28 g
Fat	18 g
— Sat. Fat	3.5 g
Carbs	25 g
— Sugars	3.5 g
Fiber	3 g
Sodium	640 mg