



Miso-Ginger Salmon with Spinach and Mushrooms

Serves 2

- 2 salmon fillets (total – 207g)
- 1 tsp low-sodium miso
- 1 tsp grated ginger
- 1 tsp mirin
- 1 tsp sesame oil
- 1 tsp rice vinegar
- Spinach - 150g
- Green beans – 69g
- Red bell pepper – 82g
- Shimeji mushrooms – 102g
- 1 tsp olive oil
- A squeeze of lemon



Instructions

1. Mix miso, ginger, mirin, sesame oil, and vinegar. Brush over the salmon. Let it sit 10 min.
2. Precook green beans until tender
3. Sauté vegetables in olive oil until tender; add green beans.
4. Grill or pan-sear salmon until just cooked. Serve with lemon.

Nutritional breakdown per serving (1 fillet with vegetables):

Calories: 240

- Protein = 25.5 g
- Fat = 14.7 g
 - Sat. Fat = 3.4 g
- Carbs = 10.2 g
 - Sugars = 4.0 g
 - Fiber = 4.7 g
- Sodium = 121 mg