

Japanese Dinner Set: Steamed Salmon with Miso Butter

Serves 2

Steamed Salmon with Miso Butter, Edamame & Satsumaimo

- 300 g salmon fillets (2 × 150 g, skin on or off)
- 10 ml low-sodium soy sauce
- ½ tsp sesame oil
- 12 g unsalted butter, softened
- 15 g white or awase miso
- 1 tsp mirin
- ½ tsp sesame oil (for miso butter)
- 100 g frozen shelled edamame
- 200 g Japanese sweet potato (satsumaimo), 2–2.5 cm cubes
- 5 g olive oil
- Black pepper, to taste
- ½ tsp shichimi togarashi (optional)
- 10 g green onions, finely chopped



Instructions

1. Preheat oven to **180°C**.
2. Toss **sweet potato** cubes with **olive oil** and **black pepper**. Roast **30–35 minutes**, turning once, until tender and lightly browned.
3. Steam frozen **edamame 3–4 minutes** until hot and bright green. Drain well.
4. Mix **butter**, **miso**, **mirin**, and **sesame oil** until smooth. Set aside.
5. Steam **salmon 8–10 minutes** until just cooked through. Drizzle lightly with **low-sodium soy sauce**.
6. Top salmon with miso butter while hot and garnish with green onions and optional shichimi.

Nutrition — Main Dish (Per Person)

Kcal: 495 | Protein: 34 g | Fat: 30 g | Sat Fat: 8 g | Carbs: 24 g | Sugars: 8 g | Fiber: 6 g | Sodium: 740 mg | Omega-3: 1.7 g

Rice

White rice — 150 g cooked per person

Kcal: 195 | Protein: 3.5 g | Fat: 0.4 g | Carbs: 45 g | Sugars: 0 g | Fiber: 0.5 g | Sodium: 5 mg

Side Dishes

Cucumber Sunomono

Thin-sliced cucumber dressed with rice vinegar, a tiny pinch of sugar, and salt.

Spinach Ohitashi

Blanched spinach with light soy sauce, a dash of mirin, and optional bonito flakes.

Overall Dinner Nutrition (Per Person)

Kcal: 720–750 | Protein: 40–43 g | Fat: 30–32 g | Sat Fat: 8 g | Carbs: 85–88 g | Sugars: 8–10 g | Fiber: 9–11 g | Sodium: 1,000–1,150 mg | Omega-3: 1.7–2.0 g