

Miso-Butter Salmon with Mushrooms & Peppers

Version 1: Foil-Baked Miso-Butter Salmon

Serves: 2

Oven: **170°C**

Ingredients

- 300 g salmon fillet, cut into 2 portions
- 100 g maitake or shimeji mushrooms
- 1 medium ピーマン, thinly sliced (≈40 g)
- 10 g unsalted butter
- 1½ tsp white miso (≈9 g)
- 1 T sake (15 g)
- 1 tsp olive oil (5 g)
- Black pepper, to taste

Instructions

1. Preheat oven to **170°C**.
2. Mix **butter** and **miso** until smooth.
3. Place **salmon** on foil; scatter **vegetables** around.
4. Brush salmon with miso-butter; drizzle **sake** and **oil** over vegetables.
5. Seal foil loosely.
6. **Bake 15–18 minutes** until salmon flakes.

Nutrition (per serving)

Kcal: 390 | Protein: 34 g | Fat: 25 g | Sat. Fat: 8 g | Carbs: 6 g | Sugars: 2 g |
Fiber: 2 g | Sodium: 520 mg | Omega-3: 2.6 g



Version 2: Sheet-Pan Miso-Butter Salmon

Serves: 2

Oven: **170°C**

Ingredients

- 300 g salmon fillet, cut into 2 portions
- 150 g mixed vegetables (mushrooms + ピーマン)
- 12 g unsalted butter
- 2 tsp white miso (≈12 g)
- 1 tsp olive oil (5 g)
- Black pepper, to taste



Instructions

1. Preheat oven to **170°C**. Line sheet pan.
2. Toss **vegetables** with **olive oil**.
3. Place **salmon** among vegetables; spread **miso-butter**.
4. **Bake 15–18 minutes** until just cooked.
5. Optional: finish with kitchen torch.

Nutrition (per serving)

Kcal: 410 | Protein: 35 g | Fat: 26 g | Sat. Fat: 9 g | Carbs: 7 g | Sugars: 2 g |
Fiber: 2 g | Sodium: 580 mg | Omega-3: 2.6 g

Suggested Sides

- Steamed Japanese rice (small bowl)
- Spinach with sesame dressing
- Cucumber-wakame salad
- Roasted kabocha or eggplant