

Steamed Salmon & Cabbage Butter-Ponzu

鮭とキャベツのフライパン蒸し

Serves: 2



Ingredients

- 2 salmon fillets (~260 g) (鮭)
- 200 g cabbage (キャベツ)
- 1 clove garlic (にんにく)
- ¼ tsp salt + pinch MSG (塩+MSG)
- Black pepper (黒こしょう)
- 60 ml sake (酒)
- 60 ml water
- 1 T / 15 ml ponzu (ポン酢)
- 20 g butter (バター)

Instructions

1. Season **salmon** lightly with **salt + MSG** and **black pepper**.
2. Heat a light film of **canola oil** in a skillet. Sauté **garlic** gently, then add **cabbage** and cook **2–3 minutes**.
3. Place salmon on top of cabbage. Add **sake** and **water**.
4. Cover and cook **6–8 minutes**, until salmon is just cooked through.
5. Finish with **ponzu** and **butter**. Let butter melt into the sauce and spoon over before serving.

Nutrition (per serving)

Kcal: 380 | Protein: 32 g | Fat: 24 g | Sat Fat: 8 g | Carbs: 8 g | Sugars: 4 g |
Fiber: 3 g | Sodium: 700 mg | Omega-3: 2.5 g

Nutrition (total dish)

Kcal: 760 | Protein: 64 g | Fat: 48 g | Sat Fat: 16 g | Carbs: 16 g | Sugars: 8 g |
Fiber: 6 g | Sodium: 1400 mg | Omega-3: 5.0 g

Shaved Cucumber & Radish Salad きゅうりとラディッシュのごまサラダ

- 120 g cucumber (きゅうり)
- 80 g radish (ラディッシュ)
- 1 tsp rice vinegar (米酢)
- 1 tsp soy sauce (しょうゆ)
- 1 tsp sesame oil (ごま油)
- 1 tsp / 5 g honey (はちみつ)
- Pinch salt + MSG (塩+MSG)



Instructions

1. Slice **cucumber** and **radish** very thinly.
2. Lightly **salt**, **rest 5 minutes**, then gently squeeze out excess water.
3. Toss with dressing just before serving.

Nutrition (per serving)

Kcal: 55 | Protein: 1 g | Fat: 2 g | Sat Fat: 0 g | Carbs: 8 g | Sugars: 5 g | Fiber: 1 g | Sodium: 120 mg | Omega-3: 0 g

Nutrition (total dish)

Kcal: 110 | Protein: 2 g | Fat: 4 g | Sat Fat: 0 g | Carbs: 16 g | Sugars: 10 g | Fiber: 2 g | Sodium: 240 mg | Omega-3: 0 g

Simple Sautéed Asparagus アスパラのシンプルソテー

- 150 g asparagus (アスパラ)
- 1 tsp / 5 ml olive oil (オリーブオイル)
- 1/8 tsp salt + pinch MSG (塩+MSG)
- Black pepper (黒こしょう)



Instructions

1. Trim **asparagus**.
2. Sauté in **olive oil 3–5 minutes** until tender-crisp.
3. Season with **salt + MSG** and **black pepper**.

Nutrition (per serving)

Kcal: 40 | Protein: 2 g | Fat: 2 g | Sat Fat: 0 g | Carbs: 4 g | Sugars: 2 g | Fiber: 2 g | Sodium: 90 mg | Omega-3: 0 g

Nutrition (total dish)

Kcal: 80 | Protein: 4 g | Fat: 4 g | Sat Fat: 0 g | Carbs: 8 g | Sugars: 4 g | Fiber: 4 g | Sodium: 180 mg | Omega-3: 0 g