

Foil-Baked Miso-Butter Salmon 味噌バターサーモン（ホイル焼き）

Air Fryer / Oven

Serves: 2

Ingredients

- 180 g salmon fillet (2 portions) サーモン
- 100 g maitake or shimeji mushrooms 舞茸／しめじ
- 40 g green pepper, thinly sliced ピーマン
- 10 g unsalted butter 無塩バター
- 1½ tsp / 9 g white miso 白味噌
- 1 T / 15 g sake 酒
- 1 tsp / 5 g olive oil オリーブオイル
- Black pepper, to taste 黒こしょう



Oven Method (170°C)

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 into a packet.
6. **Bake 15–18 minutes** until salmon flakes easily.

Air Fryer Method (170°C)

1. **Preheat** air fryer to **170°C** for **3–4 minutes**.
2. Prepare miso-butter as above.
3. Assemble salmon and vegetables in foil.
4. Fold into a loose tent, leaving a small opening.
5. Air fry **10–13 minutes** depending on thickness.
6. **Optional:** open foil and cook **1–2 more minutes** for light browning.

Per serving (with 90 g salmon)

Kcal: ~250 | Protein: 19 g | Fat: 15 g | Sat Fat: 5 g | Carbs: 6 g | Sugars: 3 g |
Fiber: 2 g | Sodium: ~500 mg | Omega-3: ~1.5 g

Whole Dish (2 servings total)

Kcal: ~500 | Protein: 38 g | Fat: 30 g | Sat Fat: 10 g | Carbs: 12 g | Sugars: 6 g |
Fiber: 4 g | Sodium: ~1000 mg | Omega-3: ~3.0 g