



MIZO GLAZED SALMON STIR FRY

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 4

Makes a jam jar (keep for a week in the fridge)

4 tablespoon brown rice miso
3 tablespoon honey
2 tablespoon dark soy sauce
3 tablespoon mirin wine
2 tablespoon toasted sesame oil

To serve:

4 salmon fillets
3 spring onions, finely sliced
1 tablespoon sesame seeds

Your choice of stir fry vegetables. The more variety the better!

METHOD

- Add all the glaze ingredients together in a jam jar and mix well.
- Close jar and shake for 30s
- You can use as a marinade by adding to meat, fish or vegetable for 1 hour before cooking

To serve with salmon fillets:

- Add salmon fillets to an oven dish
- Spread miso glaze over salmon
- Sprinkle with chopped spring onions and sesame seeds
- Slide in the oven for about 20mins
- Serve with mixed vegetable stir fry

PREP TIME

Prep time: 5mins

Freeze time: 20mins

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