

MISO-GLAZED SALMON WITH SESAME & SPRING ONION

Serves 4



INGREDIENTS:

- ☐ 4 salmon fillets, approximately 150–180g each (kingklip or hake can also work)
- ☐ 2 tbsp white miso paste
- ☐ 1½ tbsp honey
- ☐ 1 tbsp soy sauce
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp sesame oil
- ☐ 1 garlic clove, finely grated
- ☐ 1 tsp fresh ginger, finely grated
- ☐ 1 tsp sesame seeds
- ☐ 2 spring onions, finely sliced
- ☐ 1 lime, cut into wedges
- ☐ 1 tbsp vegetable or olive oil

METHOD:

01. Mix the miso, honey, soy sauce, rice vinegar, sesame oil, garlic and ginger to make the glaze.
02. Pat the salmon dry and brush generously with the glaze. Leave to marinate for 20–30 minutes.
03. Lightly oil the braai grid and heat over medium coals.
04. Place the salmon skin-side down and braai for approximately 4–5 minutes. Turn carefully and cook for another 2–3 minutes, brushing with more glaze as it cooks.
05. The salmon is ready when it flakes easily but is still moist in the centre.
06. Sprinkle with sesame seeds and spring onions and serve with lime wedges.

Tip: If the glaze starts caramelising too quickly, move the salmon to a cooler part of the braai.

