Wellness Bowl Recipe : Miso Salmon Super Salad Bowls

Ingredients

Serves: 2

For The Bowl

- 2 (3 ounce) miso glazed salmon fillets
- 4 cups Kale (chopped)
- ½ Bell Pepper (roasted)
- ½ cup Cucumber (sliced)
- ½ cup Cherry tomatoes
- ½ Avocado (pitted and sliced)
- ½ cup Walnut (roasted)
- 2 tbsp. shelled Hemp seeds
- 2 tbsp. crumbled Feta cheese (optional)

For The Dressing

½ Lime (juice from)
3 tbsp. Olive Oil
½ tsp Honey
¼ tsp Salt & Pepper

Salmon Seasoning

1/3 cup white miso
1/3 cup sake
1/3 cup mirin
1/4 cup brown sugar

Instructions

1. Mix the miso, sake, mirin, and sugar, heat in a sauce pan over medium heat until the sugar has melted..

   Marinate the fish in 2/3 of the sauce in a sealed container in the fridge for 30 minutes to overnight.

   Place the fish on a greased baking sheet and bake in a preheated 400F/200C oven until the fish just starts to flake.

   After 8 ~ 10 minutes, turn the oven up to broil and let it broil until deeply golden brown on top.

2. Make the salad dressing in a small bowl.

3. Assemble the bowl by dividing the salmon fillets, kale, pepper, tomatoes, cucumber, avocado, walnut and hemp seeds between 2 bowls.

   Serve, topped with the salad dressing. Sprinkle with crumbled feta cheese.