

Miso Glazed Salmon with Bok Choy

Ingredients

- 2 salmon fillets
- 2 tablespoons white miso paste
- 1 tablespoon maple syrup or honey
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 heads baby bok choy, halved
- 1 teaspoon grated ginger

Instructions

1. Mix miso paste, maple syrup, vinegar, sesame oil, and ginger to form a glaze.
2. Brush salmon with glaze and marinate 15–20 minutes.
3. Bake salmon at 400°F (200°C) for 15 minutes.
4. Steam or sauté bok choy with a dash of sesame oil and serve with the salmon.

Health Benefits

Miso supports gut health and immunity; salmon provides protein and omega-3s. Bok choy adds detoxifying nutrients and fiber.