



Miso Salmon With Courgette Noodles

Serves 2

For the salmon:

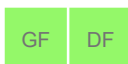
- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) courgette noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

What you need to do

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the courgette noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven-safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the courgette salad. Sprinkle with sesame seeds to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	496	30	27	29

*Nutrition per serving

