

Jason Pettit – Capital Radio Recipe



Spicy Salmon Miso Ramen.

Heart healthy salmon is paired with a gut healthy spiced miso broth for an easy and satisfying dinner.

Makes enough for 4 people.

Ingredients

4	each	salmon fillets (approx. 150gm each, equal shape & size)
2	Tbsp	oil
		sea salt, pepper to taste
1.2	ltr	vegetable stock (fresh or from bouillon cubes/powder)
2	lrg	garlic cloves (peeled, trimmed & finely grated)
1	inch	fresh ginger (peeled & finely grated)
220	gram	dried ramen noodles (double the weight if using fresh)
200	gram	bean sprouts

Spicy Miso Paste

5	Tbsp	white miso paste (approx. 100 grams)
1	Tbsp	warm water (approx. 15 grams)
1	Tbsp	light soy sauce (approx. 15 grams)
1	Tsp	sugar white (approx. 5 grams)
1	Tsp	sesame oil (approx. 5 ml)
1	Tsp	chili flakes / powder (approx. 5 grams)
2	large	spring onions (trimmed, sliced thinly)

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Method

Bring the vegetable stock to a low simmer and then add the finely grated garlic and ginger.

Cover with a lid.

Reduce the heat to low and leave to infuse.

Pre-heat a baking tray under a hot grill for 3 minutes.

Brush the salmon fillets all over with the oil and season lightly.

Carefully place the salmon fillets skin side down on the hot baking tray and place back under the grill to cook.

The salmon will take approx. 8 minutes dependant on thickness and strength of the grill.

Place the warm water and sugar in a bowl and stir until the sugar dissolves.

Add remaining paste ingredients and stir until fully combined.

Set aside.

Cook the noodles as per packet instructions so that they are ready at the same time as the salmon is.

Drain the noodles in a colander.

Once the salmon is 'just' cooked, remove the pan from under the grill.

Add the spicy miso paste to the vegetable broth and whisk.

Taste and adjust the seasoning if required.

Divide the noodles between 4 bowls and then divide the beansprouts on top.

Divide the miso broth between the 4 bowls and loosen the noodles.

Place the cooked salmon onto the noodles/beansprouts/

Serve garnished with sliced spring onion.

Notes from the chef:

White miso paste has a milder flavour than red miso but red can be substituted.

For a milder spice level, use paprika instead of chili flakes/powder.

For a spicier kick, add a few drops of chili oil to the finished bowls.

You can add baby spinach / bok choy / asparagus / baby corn to the veg stock if you want added vegetables in the dish.

The miso paste can be made in advance and will keep in the fridge for up to a week in an air-tight container.

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Tbsp - tablespoon

Tsp - teaspoon