

# LOVE THY CARROT

*real food made with love*

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## MAPLE MISO LIME SALMON

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### INGREDIENTS

Serves: 2

- 1 tablespoon white miso paste
- 2 tbsp mirin (if you don't have any mirin use a sweet rice wine such as Sherry)
- 2 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 1 teaspoon maple syrup (start with 2 teaspoon and taste, if you like it a bit sweeter add another teaspoon)
- 1/2 teaspoon grated peeled fresh ginger
- zest from 1/2 a lime
- squeeze of fresh lime juice, (about 1 tsp)
- 2 (6-ounce) salmon fillets ( I like to buy the salmon with the skin on)
- 1 teaspoon sesame seeds (I used half teaspoon of white and half teaspoon of black)

### DIRECTIONS

1. Preheat broiler.
2. To prepare fish, combine the first 8 ingredients in a small bowl, and brush evenly over fish.
3. Arrange fish on a parchment lined baking sheet.
4. Broil for 12 to 15 minutes or until done.
5. Sprinkle with sesame seeds and a big squeeze of fresh lime.

### COOKS NOTES

- I often double this recipe. I find it tastes even better the next day for lunch.
- Serve over wilted baby spinach or braised red cabbage.