

Salmon with bok choy and brown rice

SERVES: 1 TIME: 15 MIN WITH PRE-COOKED RICE, 55 MIN WITHOUT

A classic combination that's enhanced with miso and garlic.

Ingredients

3.5 oz salmon

¾ cup brown rice, cooked (1/4 cup dry)

2 cups bok choy, sliced in half lengthwise

1 clove garlic, minced

1 tsp miso paste

2 tsp extra virgin olive oil

Kosher salt

Fresh cracked black pepper

Instructions

1. Cook rice according to package directions if you don't have any cooked.
2. Pull salmon from the fridge to reach room temperature (or as close as possible until cooking time).
3. Pat dry with a paper towel; season with salt and pepper. Heat 1 teaspoon of olive oil in a nonstick pan over medium-high heat. When the pan is hot, place salmon, skin side down, in the pan, and cook until golden and crisp, about 4 minutes (resist the urge to move salmon so a golden crust forms).
3. In another sauté pan, heat the remaining olive oil over medium heat. Add garlic and bok choy; season with salt and cook, until tender, about 3 to 4 minutes. Fold in miso paste and a splash of water if needed (starting with no more than 1 Tbsp).
4. Return to the salmon, flip the fillet, and lower the heat to medium; cook until done to your liking, roughly 4 more minutes for medium-rare.
5. Reheat rice with a splash of water on the stovetop or in the microwave. Plate rice, bok choy, and salmon; serve with lemon wedges

NOTES:

Feel free to add a splash of soy sauce if you'd like.