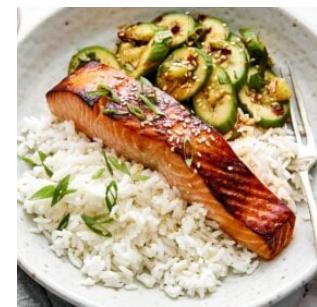


Perfect Miso Salmon

You'll crave this miso salmon time and again! It's incredibly simple, packed with umami flavor, and broiled to perfection in about 7 minutes. Watch the video below to see how I make this in my kitchen!



Prep Time
5 mins

Cook Time
7 mins

Marinate
30 mins

Total Time
42 mins

Course: Dinner Cuisine: Asian, Japanese

★★★★★
5 from 2 votes

Keyword: Japanese salmon, Miso marinated salmon, Miso Salmon, Miso Salmon Recipe

Servings: 4 Author: Lisa Bryan

Equipment

- Quarter Sheet Pan Perfect for cooking salmon filets!

Ingredients

- 4 6-ounce salmon filets
- optional: sliced green onions and sesame seeds for garnish

Miso Marinade

- ¼ cup white miso paste
- ¼ cup mirin
- 3 tablespoons honey
- 2 tablespoons tamari soy sauce
- 1 tablespoon sesame oil

Instructions

1. Make the miso marinade. In a small mixing bowl, whisk together the white miso paste, mirin, honey, tamari soy sauce, and sesame oil.
2. Marinate the salmon. Pat the salmon dry with a paper towel, then place in a glass dish. Reserve 2 tablespoons of the marinade in a small bowl, then pour the rest of the marinade on top of the salmon. Make sure the salmon is well coated, then marinate for 30 minutes to 1 hour in the fridge.
3. Broil the salmon. Turn on your oven's top broiler. Line a quarter baking sheet with parchment paper (see notes below), and place the salmon filets on top. Position the top rack about 5 to 6-inches underneath the broiler. Broil the salmon for 7 to 9 minutes, depending on thickness. The salmon should get lightly charred on top, and the middle should be just cooked through.
4. Glaze and serve. While the salmon is still hot, brush a light coating of the remaining marinade on top. If you'd like, garnish with sliced green onion and sesame seeds before serving.

Notes

- Storage tip: Let the salmon cool completely before storing it in an airtight container in the fridge for up to 3 to 4 days. If you're freezing leftovers, place them in a sealed container (use parchment between fillets to prevent sticking) and freeze for up to 3 months.
- If your salmon is on the thicker side (i.e. king salmon), you can lower the rack slightly to prevent

the marinade from burning. This will allow the salmon to cook through with a gentler broil. Alternatively, thinner salmon can go closer for a quick sear and caramelization.

- Some recipes recommend scraping the marinade off the top. I tested it both with the marinade scraped off and without scraping and found no difference in terms of caramelization. So no need to scrape.
- Normally I don't recommend broiling with parchment paper as it can catch fire—so do keep an eye on it! But this recipe cooks so quickly, you should be fine. Just make sure that the parchment paper isn't coming up the side of your sheet pan. You can also line the sheet pan with aluminum foil if you'd like, for a safer option.
- Because the miso marinade contains sugar, it can go from beautifully caramelized to scorched quickly. Make sure to keep an eye on it after the 5-minute mark.

Nutrition

Calories: 381kcal | Carbohydrates: 24g | Protein: 37g | Fat: 15g | Saturated Fat: 2g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 5g | Cholesterol: 94mg | Sodium: 1332mg | Potassium: 897mg | Fiber: 1g | Sugar: 18g | Vitamin A: 83IU | Vitamin C: 0.1mg | Calcium: 33mg | Iron: 2mg