



HOME CHEF

Salmon in Lemongrass-Ginger Broth

With Bok Choy and Shiitakes



If cleanliness is next to godliness, then this Asian-inspired salmon dish is practically a deity. Lemongrass adds a wonderful aroma to a ginger broth infused with cilantro, green onion, and the gentle heat of a Fresno chile. Shiitake mushrooms and pan-roasted salmon take the umami-factor to the next level for an eating experience that is both nourishing and satisfying.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



SPICY



DAYS BEST COOKED BY

NUTRITION

Calories: 524
Carbohydrates: 27g
Fat: 26g
Protein: 71g
Sodium: 1422mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Japanese Lager is an easy match for this one, but a buttery Chardonnay would pair beautifully with this meal's melange of aromas.

INGREDIENTS

4 Cilantro Sprigs
3 oz. Shiitake Mushrooms
1 Lime
1 Baby Bok Choy
1 Red Fresno Chile
1 Lemongrass, stalk
2 Green Onions
2 Salmon
1 Tbsp. Gluten-Free Minor's Vegetable Base
1 oz. Gluten-Free Soy Sauce
½ oz. Chopped Ginger

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Medium Pan

DID YOU KNOW?

You already know we have 4 primary tastes — sweet, salty, sour, and bitter — but did you know there's actually a fifth? Meet umami. It's a savory flavor that's hard to pinpoint exactly, but it has a huge impact on deliciousness of a dish. Lucky for you, this dish features salmon in an aromatic, umami-rich broth with shiitakes and lemongrass. Three cheers for savory flavor and your new best friend, umami!

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Prepare the Ingredients

Bring a medium pot with 3 cups of **water** to a boil. Thoroughly rinse produce and pat dry. Stem **cilantro**. Stem and slice **mushrooms** into ¼" strips. Halve **lime**. Trim root end of **baby bok choy**, then cut into quarters lengthwise. Slice **red Fresno chile** into thin rounds. Cut **lemongrass** in half lengthwise. *Be careful—lemongrass is very tough!* Trim and thinly slice **green onions** on an angle (bias). Rinse **salmon** and pat dry.



Prepare the Broth

Reduce boiling water to a simmer and add **vegetable base**, **lemongrass**, half the **green onion**, half the **cilantro**, juice of the **lime** (reserving a small bit of juice for garnish), **soy sauce**, half the **Fresno chile** (to taste), and **chopped ginger**. Simmer for 10 minutes.



Saute the Mushrooms

Heat a medium pan over medium heat. Add 1 Tbsp. **olive oil** and **mushrooms** and cook 4-5 minutes, or until browned. Season with a pinch of **salt and pepper**. Transfer to a plate and set aside. Wipe pan clean.



Cook the Salmon

Return pan used for **mushrooms** to medium-high heat. Season **salmon** with a pinch of **salt and pepper**. Add 1 tsp. **olive oil** to pan and cook salmon on each side for 4-5 minutes, or until browned, firm, and a minimum internal temperature of 145 degrees is reached.



Cook the Bok Choy

Bring broth to a low simmer. Add **baby bok choy** (reserve a few leaves for garnish) and let wilt for 1-2 minutes before serving.



Plate the Dish

Ladle **broth with bok choy** into a bowl. Add **sautéed mushrooms** and reserved **bok choy** leaves to the bowl. Add **salmon**, garnish with remaining **Fresno chile** (to taste), remaining **cilantro**, and remaining **green onions**. Finish with a squeeze of **lime juice**.