



HOME CHEF

Maple-Miso Glazed Salmon

With Roasted Brussels Sprouts and Apples



Peanut butter and jelly. Macaroni and cheese. Bert and Ernie. Some things just belong together. To that list you can add maple and miso paste. The sweetness of maple syrup pairs so naturally with savory miso paste—a traditional Japanese seasoning made by fermenting soy beans—that you’ll wonder where this dynamic duo has been all your life. We serve it as a glaze for salmon and pair it with roasted Brussels sprouts and apples for a nutrient-packed meal that’s both healthy and indulgent.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 35g
Fat: 36g
Protein: 40g
Sodium: 252mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE

DRINK PAIRING

A glass of Chardonnay (no oak) and miso pair perfectly together. You can't go wrong with a Belgian ale or pale ale here, either.

INGREDIENTS

9 oz. Brussels Sprouts
1 Red Delicious Apple
2 Salmon
1 tsp. Butter
1 tsp. Miso Paste—Gluten-Free
1 ½ Tbsp. Breakfast Syrup
¼ tsp. Smoked Paprika
1 tsp. Sherry Vinegar
½ oz. Pecans

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Baking Sheet
Small Bowl
Medium Pan

DID YOU KNOW?

In addition to punching above its weight in the flavor category, miso is packed with antioxidants and has been shown to lower blood pressure and cholesterol.



Prepare the Ingredients

Preheat oven to 425 degrees. Move oven rack to the top or second-highest rack. Prepare a baking sheet with foil and cooking spray. Thoroughly rinse produce and pat dry. Trim bottoms off **Brussels sprouts** and quarter. Core **apple** and cut into ½” slices. Rinse **salmon** and pat dry. Season salmon with a pinch of **salt and pepper** on both sides.



Prepare the Vegetables

Add **Brussels sprouts** and **apples** to baking sheet, drizzle with 1 Tbsp. **olive oil** and a pinch of **salt and pepper**, and gently toss together to coat. Place baking sheet in oven and roast for 9-11 minutes while you sear the **salmon**.



Brown the Salmon

In a small bowl, whisk together **miso**, ½ the **syrup** (you won't use all of it in the recipe), **smoked paprika**, and **sherry vinegar** until smooth. Heat a medium pan over medium heat and melt **butter** in pan. Add **salmon** to pan and brown one side, about 3-4 minutes. Remove baking sheet from oven and set on a heatproof surface, and slide vegetable mixture over to one half. Carefully lift salmon from pan and place on other half of baking sheet, browned side up. Brush or spoon half of the **glaze** over both pieces of salmon.



Roast the Salmon and Vegetables

Roast **salmon**, **Brussels sprouts**, and **apples** until apples are tender but slightly firm and salmon has reached a minimum internal temperature of 145 degrees, about 5-7 minutes. Remove from oven and turn on broiler. Brush or spoon remaining **glaze** over salmon and place baking pan under broiler 1-2 minutes or until Brussels are browned on the edges. Remove from broiler, sprinkle **pecans** over Brussels and apples, and broil for 30 seconds. *Pecans toast very quickly in a broiler, so make sure not to walk away during this step.*



Plate the Dish

Place **roasted Brussels sprouts**, **apples**, and **pecans** on plate. Finish with **glazed salmon** on top.

Discover more
recipes at
homechef.com