



Miso Salmon Steel Cut Oat Bowl



SERVINGS

2



COOKING TIME

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Ingredients

Miso Marinade

- ¼ cup White Miso
- ½ cup Mirin
- ½ cup Reduced Sodium Soy Sauce
- ½ cup Rice Wine Vinegar

Miso Salmon

- 1 tbsp Miso Marinade
- 4 oz. Salmon; cut into 1” cubes

Miso Veggies

- ½ tbsp Miso Marinade
- 3 oz. Broccoli florets
- 4 oz. Mushrooms, halved
- 1 tsp Oil
- ¼ tsp Roasted garlic powder Salt & Pepper to taste

Steel Cut Oats Porridge

- 2/3 Cup [Quaker® Steel Cut Oats - Traditional](#)
- 2 Cup Low-Sodium Chicken Stock or Vegetable Stock
- Salt & Pepper to taste
- 5g Ginger slices
- Scallions; sliced (optional)
- Sesame seeds (optional)

Vinegar Topping

- 1/2 tsp Rice Wine Vinegar
- 1/2 tsp Sesame Oil
- 1/2 tsp Mirin

Cooking Instructions

Miso Marinade

1. Heat all ingredients in saucepot. Reduce by half.
2. Cool. Set aside.

Miso Salmon

3. Preheat air fryer to broil (400 F) .
4. Add the salmon to a bowl and coat with 1 tbsp marinade.
5. Add salmon to air fryer for 3 minutes
6. Top remaining marinade from bowl and broil for additional 3 minutes.

Miso Veggies

7. Preheat air fryer to 365 F.
8. Toss veggies with other ingredients
9. Add veggies to air fryer basket and bake for 10 min.

Steel Cut Oats Porridge

10. In a medium saucepan, add the oats, ginger and chicken stock.
11. Cook for 15-20 minutes or until thickened, stirring occasionally.
12. Season with salt and pepper to taste.
13. Serve the porridge with Miso Salmon and Vegetables.
14. Garnish with scallions and sesame seeds.

Vinegar Topping

15. Whisk together.
16. Drizzle on top.