

Honey Miso Salmon with Grain Salad

Serves 4

1 lb salmon filet, cut into 4 portions
1 TBSP olive oil
¼ cup honey
½ cup white miso paste
2 cup farro (or bulgur or quinoa)
2 cups baby spinach, roughly chopped
½ cup roasted red pepper, chopped
Small jar of artichoke hearts, drained and chopped
¼ cup capers, drained
¼ cup lemon juice
1–2 TBSP Dijon mustard
½ teaspoon dried thyme, rubbed
½ teaspoon dried oregano, rubbed
1 clove garlic, minced
Kosher salt and freshly ground black pepper to taste
¼ cup fresh basil leaves (8–10 leaves)
½ cup olive oil

Preheat oven to 350°.

In a large saucepan, bring 4 cups of water to a boil. Add farro. Reduce to a simmer and cook until farro is just tender. Drain. Set aside.

In a small bowl combine honey, olive oil and white miso paste.

Place salmon, skin-side down, on a parchment-lined baking sheet. Brush miso mixture onto top of salmon. Bake until salmon is just firm to touch, 15–20 minutes. Remove from oven and set aside.

In a blender or food processor, combine lemon juice, mustard, thyme, oregano, garlic, and basil. Pulse to combine. Slowly drizzle in olive oil while machine is running. Season with salt and pepper.

In a large bowl, combine cooked farro, spinach, roasted red pepper, parsley, artichoke hearts and capers. Stir to combine. Add lemon basil vinaigrette from above to your taste.

Divide farro salad among 4 plates. Serve each with a portion of salmon.

Nutrition Information per Serving Calories 818.4; Fat 38.7 g; Saturated Fat 6.3 g; Sodium 1448.8 mg; Fiber 13.5 g; Sugars 20.8 g; Added Sugars 0 g; Protein 39.1 g