

MISO SALMON

Fava Beans, Aquaponics Salad, Lemon Dressing

(Serves 2) MODERATE ★★★☆ TIME: 40mins



INGREDIENTS

Salmon Fillets	400gm
White Miso Premix	200gm
Green Peas	100gm
Fava Beans	100gm
Water	1000ml
Salt, to taste	
Lemon	1 pc
Olive Oil	2 tsp
Aquaponics Salad	80gm
Lemon Dressing Premix	50gm

METHOD

1. Preheat oven to 200°C.
2. Marinate salmon fillets with white miso premix and set aside in fridge for 30 minutes.
3. Peel the lemon skin and slice thinly. Cut the remaining lemon into wedges.
4. Boil water with salt. Blanch fava beans and green peas for 1 minute, then cool down immediately with ice water. Drain and set aside.
5. Bake salmon for 8 minutes.
6. Heat olive oil in a pan on medium high heat. Add in fava beans and green peas, season with salt, lemon peel and juice. Transfer fish and vegetables to plate.
7. Garnish with salad and serve with lemon wedge on the side.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

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RECIPES AND
IMAGES ONLINE!

