

Salmon with Corn and Miso Salad



Spicy, sweet, tangy, crunchy and packed with whole grains, this dish has it all.

Ingredients

- 4 salmon fillets, skin on
- 2 corns on the cob, blanched and kernels cut from the cob
- 1 red capsicum, diced
- 1 cup frozen edamame, shelled, blanched
- 1 cup canned chickpeas, rinsed, drained
- 3 tbsp buckwheat, toasted
- 1 tsp smoked paprika
- 2 tbsp olive oil
- 1 cup cherry tomatoes, halved
- 2 cups baby spinach
- Miso Dressing
- 1/3 cup lime juice

- 1 tsp honey
- 1 tbsp extra virgin olive oil
- 2 tbsp miso
- 2 tbsp tahini
- 1 tbsp tamari or salt reduced soy sauce
- 1 small Jalapeno chilli, deseeded and chopped (optional)
- 1 garlic, crushed
- 1 cup coriander, chopped

Method:

1. Preheat the oven to 180C.
2. To make the dressing: combine all ingredients in a blender and pulse till smooth. Season to taste and add one tablespoon of water at a time to loosen the dressing to your desired consistency.
3. In a bowl mix the chickpeas with the olive oil, smoked paprika and season with salt and pepper. Spread chickpeas out on a tray and bake in the oven for 20-25 minutes or until they are golden and crispy. Toss in the toasted buckwheat with the chickpeas and cook for a further 4-5 minutes. Take out of the oven, and set aside to cool.
4. While chickpeas are baking, season salmon fillets with salt and pepper.
5. Heat a large fry pan over medium-high heat with a drizzle of olive oil and place salmon skin side down. Cook for 4-5 minutes till the skin is golden and crispy then turn fish over and cook for a further 3-4 minutes until it feels slightly firm to the touch.
6. In a medium bowl, toss the edamame, corn, capsicum, spinach, and tomatoes with some of the miso dressing. Transfer salad to a serving dish, scatter over the chickpea and buckwheat mixture. Top with the salmon fillets and serve with the extra dressing on the side.