
Miso-Glazed Salmon with Roasted Bok Choy

One-tray miso salmon with charred bok choy — naturally low-GI, high in omega-3s and protein for steady blood sugar and lasting satiety.

Prep: 10 min

Cook: 18 min

Total: 28 min

Servings: 2

GL 3.1 / GI 32

Ingredients

Skin-on, approximately 150 g each. Rich in omega-3 fatty acids that support insulin sensitivity. Salmon fillet

Fermented soybean paste. Low GI; fermentation may benefit gut microbiome and metabolic health. White miso paste

Use tamari for gluten-free option, or substitute regular soy sauce. Negligible carbohydrate content. Tamari

Toasted sesame oil preferred for deeper flavour. Healthy fat with no glycemic impact. Sesame oil

Freshly grated. Gingerols may help improve insulin sensitivity and reduce fasting blood sugar. Ginger

2-3 small heads, halved lengthwise. Very low GI cruciferous vegetable high in fibre, vitamins A and K. Bok choy

Or light olive oil. A neutral high-heat oil; fat slows glucose absorption when eaten with carbohydrates. Sunflower oil

logifoodcoach.com/recipes/miso-glazed-salmon-with-roasted-bok-choy

White or mixed. Provide healthy fats, fibre, and lignans that may support blood sugar regulation. Sesame seeds

Instructions

Step 1

Heat the oven to 200 °C (390 °F) with the fan on. Line a large baking tray with parchment and set it aside.

Step 2

Combine the white miso paste, tamari, sesame oil, and freshly grated ginger in a small bowl. Whisk until the mixture forms a smooth, thick glaze with no lumps remaining.

Step 3

Blot the salmon fillets thoroughly dry on all sides with paper towels — this step is essential for the glaze to adhere and caramelize properly rather than steam off.

Step 4

Place the salmon fillets skin-side down on the prepared tray. Spoon half of the miso glaze onto the flesh side of each fillet and spread it into an even layer using the back of the spoon, covering the top and sides.

Step 5

Arrange the halved bok choy cut-side up around the salmon, leaving a little space between pieces for air circulation. Drizzle the neutral oil evenly over the bok choy and season with a light pinch of salt.

Step 6

Roast in the centre of the oven for 15–18 minutes. The salmon is done when the miso glaze has caramelized into a golden-brown, slightly blistered crust and the flesh flakes easily when pressed gently with a fork. The bok choy stems should be tender and the leaf edges lightly charred.

Step 7

Remove the tray from the oven and scatter the sesame seeds over the glazed salmon fillets while they are still hot so the seeds cling to the surface.

Step 8

Serve immediately, plating the bok choy first — eating the fibre-rich vegetables before the protein helps slow glucose absorption. For a more substantial meal, pair with a small portion of cooled-and-reheated basmati rice or cauliflower rice on the side.