
Low-GI Miso-Glazed Salmon with Roasted Broccoli

Blood sugar-friendly salmon traybake featuring omega-3 rich fish, fiber-packed broccoli, and a savory umami glaze that won't spike your glucose levels.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

GL 1.5 / GI 16

Ingredients

Wild-caught preferred for higher omega-3 content skin-on salmon fillets

High fiber, low GI vegetable rich in chromium broccoli, broken into florets

From half a lemon; adds flavor without sugar fresh lemon juice

Provides prebiotic fiber for gut health spring onions, sliced

Use tamari for gluten-free; minimal carbs low-sodium soy sauce

Instructions

Step 1

Preheat your oven to 180°C (350°F) and position the rack in the center. Line a large rimmed baking sheet with parchment paper for easy cleanup.

Step 2

In a small bowl, whisk together the miso paste, low-sodium soy sauce (ensure no added sugar), minced garlic, and 1 tablespoon of olive oil until smooth and well combined. Set the miso glaze aside.

Step 3

Pat the salmon fillets completely dry with paper towels and place them skin-side down on the prepared baking sheet, spacing them at least 3 inches apart to allow proper heat circulation.

Step 4

Rinse the broccoli florets under cold water and shake off excess moisture, leaving them slightly damp. Arrange the florets around the salmon fillets, filling all the empty spaces on the tray.

Step 5

Drizzle the remaining 1 tablespoon of olive oil over the broccoli, then drizzle the fresh lemon juice evenly over both the salmon and broccoli. Cut the remaining lemon half into quarters and nestle the wedges among the vegetables for extra citrus flavor during roasting.

Step 6

Scatter half of the sliced spring onions over the entire tray and season everything with freshly ground black pepper to taste.

Step 7

Place the tray in the preheated oven and roast for 14 minutes until the broccoli begins to develop golden edges and the salmon is nearly cooked through.

Step 8

Remove the tray from the oven and brush the miso glaze generously over the salmon fillets. Drizzle any remaining glaze over the broccoli. Return to the oven for an additional 4-6 minutes until the salmon flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

Step 9

Remove from oven and immediately garnish with the remaining fresh spring onions. Serve hot with the roasted lemon wedges for squeezing over the top. For best glycemic control, eat the broccoli first, then the salmon.