

# Miso Salmon Steel Cut Oat Bowl

## Ingredients

### Miso Marinade

- 1/4 cup white miso
- 1/2 cup mirin
- 1/2 cup reduced sodium soy sauce
- 1/2 cup rice wine vinegar

### Miso Salmon

- 1 tbsp miso marinade
- 4 oz salmon; cut into 1" cubes

### Miso Veggies

- 1/2 tbsp miso marinade
- 3 oz broccoli florets
- 4 oz mushrooms, halved
- 1 tsp oil
- 1/4 tsp roasted garlic powder
- Salt & pepper to taste

### Steel Cut Oats Porridge

- 2/3 cup Quaker® Steel Cut Oats - Traditional
- 2 cups low-sodium chicken stock or vegetable stock
- Salt & pepper to taste
- 5 g ginger slices
- Scallions; sliced (optional)
- Sesame seeds (optional)

### Vinegar Topping

- 1/2 tsp rice wine vinegar
- 1/2 tsp sesame oil
- 1/2 tsp mirin



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	35 min	50 min	2

## Made with



**Quaker® Steel Cut Oats - Traditional**

## How to make it

### [title]Miso Marinade

2. Heat all ingredients in saucepot. Reduce by half.
3. Cool. Set aside.

### [title]Miso Salmon

5. Preheat air fryer to broil (400°F).
6. Add the salmon to a bowl and coat with 1 tbsp marinade.
7. Add salmon to air fryer for 3 minutes.
8. Top remaining marinade from bowl and broil for additional 3 minutes.

### [title]Miso Veggies

10. Preheat air fryer to 365°F.
11. Toss veggies with other ingredients.
12. Add veggies to air fryer basket and bake for 10 min.

### [title]Steel Cut Oats Porridge

14. In a medium saucepan, add the oats, ginger and chicken stock.
15. Cook for 15-20 minutes or until thickened, stirring occasionally.
16. Season with salt and pepper to taste.
17. Serve the porridge with Miso Salmon and Vegetables.
18. Garnish with scallions and sesame seeds.

### [title]Vinegar Topping

20. Whisk together.
21. Drizzle on top.