

sheet-pan miso-ginger salmon with cauliflower rice and charred snap peas

BY CAROLINE CHAMBERS

Serves 2 to 4

Time: 20 minutes active, 1 hour total

Tools:

- Small spoon
- [Microplane](#)
- Large bowl
- [Rimmed half sheet pan](#) (this is the size we will use for our sheet pan meals, so if you don't own any, grab some!)
- [Meat thermometer](#) (if you do not own one, please, for the love, buy this now. it's \$11! you do not have x-ray vision! you can't cook perfect meat without one!)
- 3 tablespoons olive oil, divided
- 1 lime, divided
- 1 tablespoon soy sauce
- 1-inch piece fresh ginger root, peeled and grated
- 2 to 4 (6 to 8 ounce) salmon filets, preferably skin-on (see notes)
- 16 ounce bag of cauliflower rice (preferably fresh, frozen OK. can't find either? see notes)
- Kosher salt
- 16 ounces snap peas (or whatever size your bag is)
- 1 teaspoon toasted sesame seeds, plus more for garnish
- Freshly ground black pepper
- Handful of finely chopped soft green herbs such as cilantro, mint, basil, scallions, or chives

Ingredients:

- 2 tablespoons white or yellow miso
- 2 tablespoons maple syrup

In a large bowl, stir together **2 tablespoons miso, 2 tablespoons maple syrup, 2 tablespoons olive oil, the juice of half of a lime, and 1 tablespoon soy sauce.**

Now, it's ginger time. I promise it's not as scary as it looks. Grab a hold of it, and use a small spoon to [scrape the skin off](#) of about 1 inch of it. Use a microplane or the smallest hole on a box grater to grate the peeled inch of ginger into the marinade. No grater? Just mince it as finely as you possibly can.

Run your fingers along the flesh of the salmon to feel for any tiny bones that the fishmonger (yep, that's the word for a fish butcher) may have accidentally left behind. Pull those suckers out!

Add **salmon filets** and turn to coat it. Allow the salmon to marinate for at least 15 minutes at room temperature or up to 24 hours covered in the refrigerator.

When you're about 1 hour from when you want to eat, place one oven rack in the center of the oven, and one on the top rung. Preheat oven to **275°F**.

Place the salmon fillets skin-side down, tightly together - touching, so that it looks like one big piece of salmon - in the corner of a parchment-lined rimmed baking sheet. Spread a thin layer of the miso-maple marinade over top.

Stir **16 ounces cauliflower rice** and a **big pinch of kosher salt** into the bowl of remaining marinade until evenly coated.

Yes, this is completely food safe yada yada and no it will not make the cauliflower rice taste fishy. Trust!

Transfer the cauliflower rice to the baking sheet and spread it into as even a layer as possible around the salmon. Don't wash the bowl yet, you're going to use it again!

Cook for 20 to 30 minutes, or until an internal thermometer inserted into the thickest part of the salmon registers 125°F for medium-rare, 135°F for medium, or 145°F for well done.

If you love sashimi, go for 125°F! If raw fish freaks you out, go for 145°.

Meanwhile, toss **16 ounces of snap peas** in the marinade bowl with **1 tablespoon olive oil**, **1 teaspoon sesame seeds**, **1/2 teaspoon kosher salt**, and **several grinds of black pepper** until coated.

Transfer the salmon to serving plates.

Turn the oven to **broil on high**.

Stir the cauliflower rice and spread it out across the entire baking sheet, taking up the empty space left by the salmon. Scatter the snap peas over the cauliflower rice in an even layer and return the baking sheet to the *top* rung of the oven.

Now it's time to turn on the oven light, sit on your butt in front of the oven, and WATCH! Depending on how hot your broiler runs, it's going to take between 3 and 5 minutes to lightly char those snap peas. It's important that you watch closely so that 1) you don't overcook the snap peas (we just want a bit of color on them!) and 2) the parchment paper doesn't burn!

Divide the cauliflower rice and snap peas between the plates. Garnish with **soft green herbs** and a **sprinkle of sesame seeds**.