

# Rice Flake-Crusted Salmon

*with Miso-Smashed Japanese Sweet Potatoes & Mustard Greens*

Rice flakes, or “beaten rice,” is a unique rice preparation popular in Southern Asia. The rice is husked, par-cooked, flattened and dried into delicate, airy flakes. They can be used as a base for simple porridges. We’ve found a new use for them. Their flat shape and lightness make them perfect for crusting fish. The result is a moist, tender fillet with a golden, toasty coating. Served with earthy Japanese sweet potatoes and peppery mustard greens, we’re turning the season’s best into an upper crust meal with serious flavor.



## Ingredients

- 2 Skinless Salmon Fillets
- 1 Pound Japanese Sweet Potatoes
- 3 Cloves Garlic
- 1 Bunch Mustard Greens
- 2 Scallions

### Knick Knacks

- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 1 1-Inch Piece Ginger
- 2 Tablespoons White Miso Paste
- 1 Teaspoon Black Sesame Seeds
- ¼ Cup Rice Flakes

Makes 2 Servings  
About 590 Calories Per Serving



1



### Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic and ginger. Remove and discard the stems of the mustard greens; roughly chop the leaves. Cut off and discard the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Large dice the sweet potatoes.

2



### Marinate the salmon & make the miso mixture:

Place the **salmon** on a small plate and top with **half the soy sauce**. Let stand to marinate as you continue cooking. In a small bowl, combine the **mirin, miso paste** and **remaining soy sauce**; whisk until smooth.

3



### Cook the potatoes:

Add the **sweet potatoes** to the pot of boiling water. Cook 10 to 12 minutes, or until tender when pierced with a fork. Drain the potatoes thoroughly and return to the pot. Add the miso mixture. Using a fork, smash the potatoes. Add the **white parts of the scallions** and a **pinch of the green parts of the scallions**; stir to combine and season with salt and pepper to taste. Set aside in a warm place.

4



### Cook the salmon:

Place the **rice flakes** onto a plate. Remove the **salmon** from the marinade (letting the excess drip off), then thoroughly coat 1 side of each marinated salmon fillet with the rice flakes. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the salmon to the pan, crusted side down first. Cook 3 to 4 minutes per side, or until the rice flakes are browned and crispy and the fish is cooked to your desired degree of doneness. Transfer to a plate and set aside. Wipe out the pan.

5



### Cook the greens:

In the same pan used to cook the salmon, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **ginger**; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **mustard greens** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Season with salt and pepper to taste and remove from heat.

6



### Plate your dish:

Divide the **smashed potatoes** and **mustard greens** between 2 plates. Top each with a piece of **salmon**. Garnish with the **sesame seeds** and **remaining green parts of the scallions**. Enjoy!