

SALMON

— WITH —

Yuzu & Shiso

A CLASSIC JAPANESE HERBAL RECIPE

Tender salmon infused with the bright citrus flavor of yuzu and the aromatic freshness of shiso. Light, healthy, and bursting with umami flavor.

INGREDIENTS

- 4 salmon fillets
- 2 tbsp yuzu juice (or juice of 1 yuzu or lemon)
- 1 tbsp soy sauce (or tamari)
- 1 tbsp mirin
- 1 tsp honey or maple syrup
- 1 tsp grated fresh ginger
- 6–8 fresh shiso leaves, finely sliced
- 1 green onion, thinly sliced
- 1 tsp sesame oil
- Sesame seeds for garnish (optional)

DIRECTIONS

- 1 In a small bowl, whisk together yuzu juice, soy sauce, mirin, honey, ginger, and sesame oil.
- 2 Place salmon fillets on a parchment-lined baking sheet (or in a lightly oiled skillet).
- 3 Brush the yuzu mixture over the salmon.
- 4 Bake at 400°F (200°C) for 12–15 minutes, or until salmon is cooked through and flakes easily.
- 5 (Skillet option) Sear salmon in a hot skillet over medium heat for 4–5 minutes per side, basting with the sauce.
- 6 Top with shredded shiso, green onions, and sesame seeds. Serve warm with rice and steamed vegetables.

BENEFITS

- Salmon is rich in omega-3 fatty acids that support heart and brain health.
- Yuzu is high in vitamin C and antioxidants, supporting immunity and skin health.
- Shiso is rich in antioxidants and has anti-inflammatory properties.
- A light, healthy dish that supports digestion and overall wellness.

Garnish with extra shiso and green onions for freshness!

Proverbs 3:7–8 (KJV)

“Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”



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