

Easy Miso and Soy Marinade



Discover our delicious miso and soy marinade, perfect for enhancing your grilled chicken, tofu, tuna, and much more. Ideal for adding a savoury and irresistible touch to your summer barbecues!

Perfect for a tuna steak, tofu, or chicken on the BBQ. Even great on vegetables such as zucchini, peppers, onions, bok choy, etc.

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 80

Fat 7

Carbohydrates 4

Fibre 0

Protein 1

Sodium 310

Ingredients

- 15 ml (1 tbsp) fresh ginger, finely chopped
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) toasted sesame oil
- 15 ml (1 tbsp) miso paste

- 15 ml (1 tbsp) rice vinegar
- 7.5 ml (½ tbsp) maple syrup
- 7.5 ml (½ tbsp) water
- 1 garlic clove, finely chopped

Preparation

1. In a container, whisk together all the ingredients.
2. Add the protein and coat it well with the marinade.
3. Cover and let marinate for at least 2 hours in the refrigerator.

Notes

Keeps for 7 days in an airtight container in the refrigerator.

****Do not reuse the marinade if it has come into contact with raw meat.**



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City