

## *Chan-Chan-Yaki*, or Grilled Salmon with vegetables

(Energy: 193 kcal, Protein: 17.9 g, Fat: 7.7 g, Carbohydrate: 12.5 g)

### Ingredients for 1 serving

Salmon	1 piece
Onion	35 g
Enoki mushroom	20 g
Carrot	15 g
Green pepper	10 g
<i>Miso</i> , or soybean paste	6 g
Sugar	3 g
Soy source	3 g
Sake	2 g
<i>Mirin</i> , or sweet sake for seasoning	3 g
Butter	5 g
Flower-shaped carrot	1 piece



### Directions

1. Cut onion and green peppers into thin slices. Cut carrot into fine strips. Cut enoki mushroom in half.
2. Combine *miso*, sugar, soy sauce, and *mirin*.
3. Put onion, salmon, enoki mushroom, carrot, and green pepper on aluminum foil. Sprinkle **2** and put butter on the ingredients. Garnish the stripped carrot and wrap tightly.
4. Place the **3** on a heated frying pan. Roast it for about seven minutes until the ingredients are well cooked, and continuously roast on medium heat. The fire and steaming time are appropriately adjusted.