

## Sheet Pan Korean BBQ Salmon with Bok Choy

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Hi guys!

Sheesh, I felt like this last week just flew in. I can't believe it's Saturday morning again, already! This week has been busy for us for no particular reason; playdates, workload, toddler tantrums, baby nap strikes, etc. I feel like I hardly got a chance to catch my breath!

It's funny how even on super normal weeks we can feel like we're juggling fifty million things, right? You would think that "busy" means over-scheduled, or a week filled with extraordinary events. But life can get busy and nuts just by moving along.

I tested this Sheet Pan Korean BBQ Salmon with Bok Choy three times while getting it ready to post here, and each time I was thankful for how ridiculously easy a good sheet pan dinner can be. Toss the ingredients on the pan, add some seasonings, place in a hot oven. Eat. Ugh, I love how simple it is.

You can use any cut of salmon here, as long as it's cleaned beforehand. Although I wouldn't recommend using a whole, cleaned salmon, since the really good flavor comes from seasoning the flesh with the Korean BBQ sauce. I tested this recipe with salmon steaks (in the photo below) and also with a whole side of fileted salmon, and each type of cut worked great.

Here's a good tip if you're using a salmon filet with the skin on one side: heat the pan in the oven beforehand to help crisp the skin! Drizzle the pan with some peanut or olive oil, then put it in the oven while the oven heats. Make the Korean BBQ sauce while you wait. Once the oven is heated, remove the hot pan carefully from the oven and lay the fish, skin side down, on the pan. Add the bok choy and drizzle and brush on the sauce, then cook as directed.

I put this recipe along with a ton of others on my new favorite Pinterest board, [QUICK | Dinners](#). If you find other recipes on Pinterest you think you work great on that board, tag me in the pin comments or send it to me in a PM and I'll add them!

This week we have some fun stuff for you; a great kitchen hack that blew my mind when I first discovered it, a peek inside my obsessively labeled refrigerator (I'd love to see the inside of yours!), the reason Fresh Direct is getting away with charging top dollar for what is essentially garbage, and more.

And as always, I'd love it if you did me a solid and shared the good word of Percolate! Forward this email to a friend who you think might enjoy it; they can subscribe themselves via the sign up link at the bottom of this newsletter.

Til next week - happy eating!

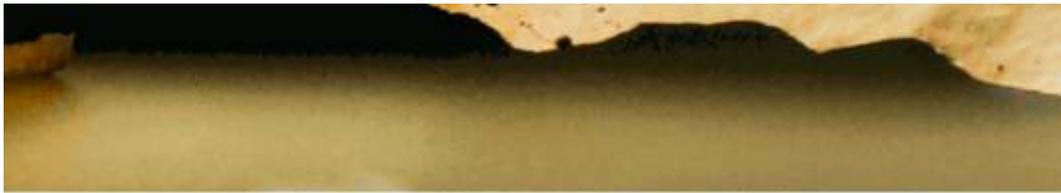
xx

Ruthly

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## 20 minute SHEET PAN KOREAN BBQ SALMON & BOK CHOY





percolatekitchen.com | the kitchen resource for busy people

[Click here to view, print and save this recipe](#)

## 20 Minute Sheet Pan Korean BBQ Salmon with Bok Choy

**serves: 2**

**Time: 20 minutes**

- 1 salmon filet or steak, about 10-12oz/310 grams
- 1-2 large head of bok choy, ends trimmed
- 3 tablespoons soy sauce (45 ml)
- 1 tablespoon sesame oil (15 ml)
- 2 tablespoons brown sugar (60 ml)
- 1 tablespoon fresh minced ginger (15 ml)
- 2 cloves minced garlic
- 1 teaspoon fresh black pepper (5 ml)

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Preheat the oven to 400°F. If you're using a salmon filet with the skin on and would like to crisp the skin during cooking, add 1-2 tablespoons olive or peanut oil to a sheet pan and place the pan in the oven while you ready the rest of the meal.

In a small bowl, combine the soy sauce, sesame oil, brown sugar, ginger, garlic, and pepper. Whisk with a fork to combine.

Remove the hot sheet pan from the oven and carefully add the salmon, skin down. Arrange the bok choy next to the salmon. Brush the salmon with 2/3 of the soy sauce mixture, then drizzle the bok choy with the remaining sauce.

Place the pan in the oven and roast for 12-15 minutes, or until the salmon is cooked through and translucent in the center.

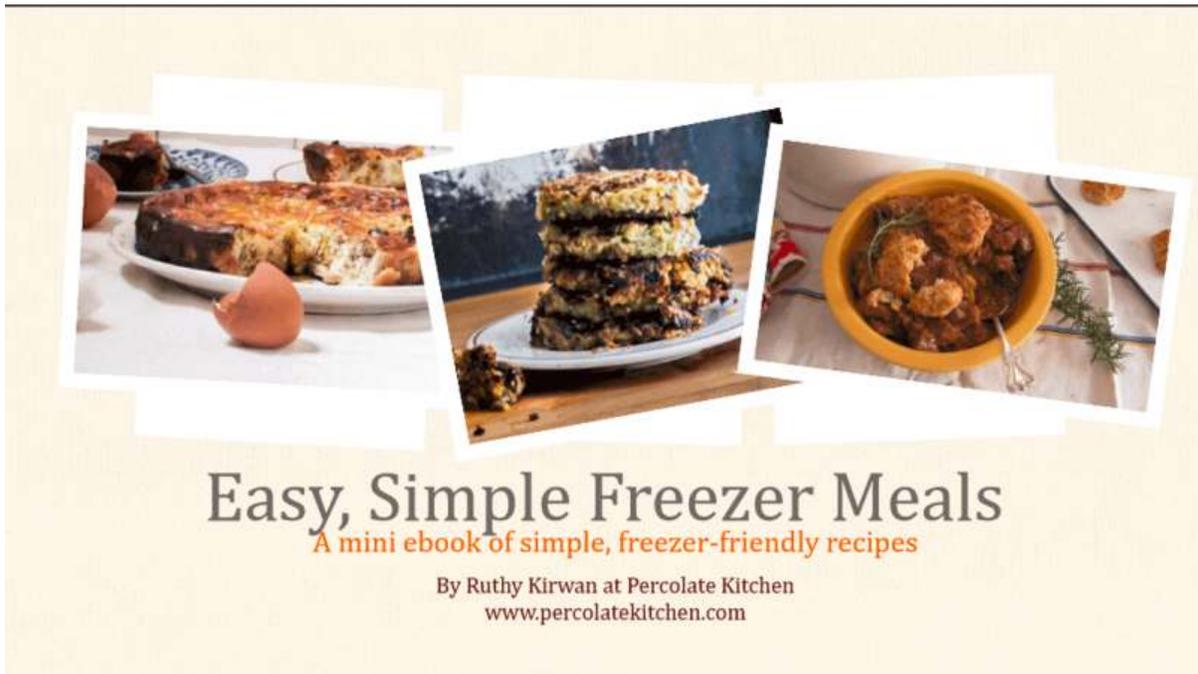
Serve hot.

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### Free Freezer Meal Cookbook!

Did you get your cookbook last week? I added some extra freezer tips in the ingredient section of each one; you should check it out!

[Click here to download](#)



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## Kitchen Hack

*"How Do I..."* Peel hard boiled eggs without taking half the egg away with the shell?

Actually, there are a few ways you can do this.

1. Use a pressure cooker. A pressure cooker cooks food via steam, and the excess moisture makes the shells slip right off once the egg is cooked.
2. Add cold eggs to boiling water. Get the water to a roiling boil, then lower the eggs in one by one using a spoon. Boil for 10 minutes, then carefully remove and immediately put the eggs in an ice water bath to halt extra cooking.
3. Use vinegar! Most people know that adding a bit of vinegar to simmering water when poaching an egg will stop the whites from swirling around. But it will also help a hard boiled egg peel easier, as the vinegar will penetrate the shell during cooking.

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## Roasted Eggplant with Creamy Tahini-Miso Dressing





I LOVE this recipe for creamy, velvety roasted eggplant smothered in this salty/umami/sweet dressing. [Click here for the recipe!](#)

## What's In your Fridge?

I'm starting off this new bi-weekly feature with a peek inside my own fridge! Confession time: I totally did a quick wipe down of a few suspicious-looking spills and stains, although the rest of this is pretty much what you'd see at any given time. Plus, my 10 month old totally photo-bombed the picture. Ah well.

My current favorite part of my fridge? In the crisper drawer, where you can see some bags of veggies and fruit lined up. I spent a couple of hours last Sunday slicing and dicing fruit and veggies and popping combos in plastic bags. Now my husband or I can grab a bag in the morning, shove the contents into the juicer, and be on our merry way. It was a small thing that saves a lot of mental energy!





If you want to show off your own fridge contents along with a favorite recipe, morning routine, kitchen confession, etc... [Let me hear it!](#)

If you've recently applied to feature your fridge, I'll be contacting you this week to get you on the calendar!

## This week's links

### [Cooking Lessons](#)

This is the food story everyone in the online Foodiesphere is talking about right now. "Why does our society always serve the worst food to the neediest people?' It makes no sense. And everybody always says, 'That's just the way it is, there's no other way,' but we are going to prove that whole paradigm is fundamentally false."

### [Bone Broth-Loving Hipsters Are Pushing Up The Price Of Bones](#)

This is why we hate you.

### [17 Kitchen Cheat Sheets You Should Know About](#)

It's probably no secret I'm obsessed with infographics, especially foodie infographics, so I adored every inch of this list

**That's it for this issue, buds! If you have any questions about a recipe, kitchen hack, meal planning issue, or anything else related to getting your kitchen mojo moving, then please! Drop me a line, anytime. You can hit reply to this email or just email me straight at [ruthy@omeletta.com](mailto:ruthy@omeletta.com)**

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