

Low Carb Asian Ginger-Miso Dressing or Marinade



🕒 5 mins

🍴 4

🎯 Easy

If you enjoy the classic flavours of Japanese food, then you will love this Asian Ginger-Miso dressing that can interchangeably be used as either a dressing or a marinade.

If using as a dressing, it goes well with charred cabbage wedges or a crisp lettuce salad but could work equally well with on an Asian slaw or over BBQ'd beans or broccolini. As a marinade, white meats such as chicken, fish or pork pair particularly well with it.

Salty and sweet with a little warming heat from both the chilli flakes and fresh ginger, this is delicious.

INGREDIENTS

3 Tb	Brown Sugar Substitute (I use golden Lakanto)
2 Tb	Light Soy Sauce
2 Tb	White Miso Paste (or 2 sachets of instant Miso Soup)
1 Tb	Rice Vinegar
1 Tb	Ginger, minced (or store-bought ginger paste)
½ - 1 tsp	Sesame Oil
½ tsp	Chilli Flakes
¼ - ½ tsp	White Pepper

METHOD

1. In a small bowl, place 3Tb brown sugar substitute, 2Tb light soy sauce, 2Tb white miso paste, 1Tb rice vinegar, 1Tb minced ginger, ½ - 1tsp sesame oil, ½ tsp chilli flakes and ¼ - ½ tsp white pepper.
2. Mix well to blend all the ingredients together.
3. Use as a dressing or marinade. It should keep well in the refrigerator for 3-5 days. You can also make extra and freeze it till needed.

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients used or cooking technique utilised.	
Amount Per 1 Serving <i>(full recipe makes 4 serves)</i>	
Calories	26
Total Fat	1g
Total Carbohydrates	2.5g
Dietary Fibre	0g
Net Carb	2.5g
Protein	1.5g