

Gochujang-Glazed Salmon: Sweet, Spicy & Easy Dinner Recipe

Gochujang-Glazed Salmon with Garlic Spinach: A Sweet, Spicy, and Flavorful Adventure!



OVEN
300°F

TIME
5 to 8 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

- 2 tablespoons gochujang (Korean red chili paste)
- 1 tablespoon mirin (Japanese sweet rice wine)
- 2 tablespoons reduced-sodium tamari, divided (or low-sodium soy sauce)
- 1 tablespoon honey
- 1 ½ teaspoons toasted sesame oil, divided
- 4 cloves garlic, grated, divided
- 2 teaspoons grated fresh ginger
- 1 ... pounds salmon, preferably wild-caught, cut into 4 portions
- 8 cups baby spinach
- Sesame seeds & sliced scallions (green onions) for garnish

Swaps and Notes:

Gochujang: This is the star ingredient! It's a fermented Korean red chili paste that offers a unique blend of savory, sweet, and spicy flavors. You can find it in Asian markets or the international aisle of many grocery stores. Do not substitute if you want the authentic flavor.

Mirin: Japanese sweet rice wine adds a touch of sweetness and depth to the glaze. If you don't have it, a tiny pinch of sugar can be used, but the flavor won't be quite the same.

Tamari/Soy Sauce: Reduced-sodium tamari is a gluten-free alternative to soy sauce and offers a cleaner taste. Low-sodium soy sauce works equally well.

Honey: Balances the spice of the gochujang. Maple syrup can be a substitute.

Toasted Sesame Oil: Essential for its deep, nutty aroma and flavor.

Fresh Garlic & Ginger: Grating them provides intense flavor that disperses well through the glaze and spinach.

Salmon: Choose skin-on or skinless fillets.

Wild-caught salmon often has a richer flavor and firmer texture. Adjust broiling time for thinner or thicker portions.

Baby Spinach: Cooked spinach wilts down significantly. You can use regular spinach, but baby spinach is more tender.

Garnish: Sesame seeds and sliced scallions add essential texture, freshness, and visual appeal.

Directions:

Prepare Broiler & Baking Sheet: Position a rack in the upper third of your oven; preheat the broiler to high. Line a baking sheet with foil and lightly coat it with cooking spray for easy cleanup.

Make Gochujang Glaze: In a small bowl, whisk together 2 tablespoons gochujang, 1 tablespoon mirin, 1 tablespoon reduced-sodium tamari, 1 tablespoon honey, $\frac{1}{2}$ teaspoon toasted sesame oil, ... of the grated garlic (about 1 clove's worth), and 2 teaspoons grated fresh ginger. Whisk until completely smooth and well combined.

Prepare & Glaze Salmon: Pat the 1 ...-pound salmon dry with paper towels. Place the salmon portions skin-side down on the prepared baking sheet. Brush the top and sides of the salmon generously with the prepared gochujang glaze.

Broil Salmon: Broil in the preheated oven until the salmon is just cooked through and flakes easily with a fork, typically 5 to 8 minutes, depending on the thickness of your salmon portions. Watch closely, as broilers can vary and cook quickly.

Cook Garlic Spinach: Meanwhile, while the salmon is broiling, heat the remaining 1 teaspoon toasted sesame oil in a large skillet over medium-low heat. Add the remaining 3 cloves of grated garlic and cook, stirring constantly, until fragrant and just starting to brown (about 3 minutes).

Wilt Spinach: Add the 8 cups baby spinach to the skillet with the garlic. Cook, stirring, until the spinach is completely wilted and any liquid released from the spinach has evaporated, about 3 minutes. Remove the skillet from heat and stir in the remaining 1 tablespoon tamari.

Serve: Carefully transfer the broiled salmon portions from the baking sheet. Serve the salmon immediately over a bed of the garlic-infused spinach. Garnish generously with sesame seeds and sliced scallions. Enjoy this vibrant and delicious

meal!

Tips for Success:

Pat Salmon Dry: This is crucial for ensuring the glaze adheres properly and for achieving a good sear/broil on the fish.

Watch the Broiler: Broilers cook very quickly. Stay attentive to prevent the salmon or glaze from burning.

Don't Overcook Salmon: Salmon cooks fast. It's done when it flakes easily and reaches an internal temperature of 145°F (63°C).

Grate Garlic/Ginger: Grating helps infuse maximum flavor into the glaze and spinach.

Use Good Quality Gochujang: The quality of your gochujang will significantly impact the flavor of the dish.

Serve Immediately: This dish is best enjoyed fresh and hot.

DIRECTIONS

1. **Making :** Gochujang-Glazed Salmon is quick and easy, coming together efficiently for a flavorful dinner!
2. **Prepare :** Broiler & Baking Sheet: Position a rack in the upper third of your oven; preheat the broiler to high. Line a baking sheet with foil and lightly coat it with cooking spray for easy cleanup.
3. **Make :** Gochujang Glaze: In a small bowl, whisk together 2 tablespoons gochujang, 1 tablespoon mirin, 1 tablespoon reduced-sodium tamari, 1 tablespoon honey, ½ teaspoon toasted sesame oil, ... of the grated garlic (about 1 clove's worth), and 2 teaspoons grated fresh ginger. Whisk until completely smooth and well combined.
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13. **Use : Good Quality Gochujang:** The quality of your gochujang will significantly impact the flavor of the dish.
14. **Serve : Immediately:** This dish is best enjoyed fresh and hot.
15. **Serving Suggestions and Pairings:** This Gochujang-Glazed Salmon with Garlic Spinach is a complete and incredibly flavorful meal on its own. It's fantastic served with a side of:
 16. Fluffy steamed white or brown rice to soak up any extra glaze.
 17. A light cucumber salad (similar to my Cucumber Salad).
 18. Some simply roasted or steamed vegetables.
 19. For other flavorful : Asian-inspired dishes, consider my Chinese Pepper Steak or my rich Beef Miso Ramen.
20. **Storage and Leftover Tips:** Gochujang-Glazed Salmon is definitely best enjoyed fresh from the oven. If you have leftovers, store them in an airtight container in the refrigerator for up to 1-2 days. To reheat, gently warm in a microwave or a low oven (275-300°F / 135-150°C) until just heated through to avoid drying out the fish. The spinach is also best fresh.
21. **More Recipes You Will Love:** If you loved the bold, savory, and spicy flavors of this salmon, here are a few more fantastic savory recipes that I think you'll absolutely love:
 22. For another easy and delicious way to prepare beef with an Asian twist, check out my Crispy Shredded Chilli Beef.
 23. If you're a fan of flavorful homemade sauces, my Katsu Sauce is a must-try.
 24. For a versatile, healthy, and flavorful snack, my Vegan Sweet Chili Edamame are perfect.
 25. For another savory beef and potato delight, my Garlic Butter Steak and Potatoes is a comforting choice.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/gochujang-glazed-salmon-sweet-spicy-easy-dinner-recipe/>