

Dinner

Thai Salmon Stir-Fry

20 Mins
Prep Time

15 Mins
Cook Time

4
Servings

☰ **521** Calories **37g** Fat **14g** Carbs **32g** Protein



Ingredients

👤 4 Servings ⌚ 35 Mins Total Time 🚫 Allergens: Fish, Nuts, Soy

Thai Peanut Sauce	
½ Cup Creamy Peanut Butter	
¼ Cup Soy Sauce	
2 Tbsp Ginger Paste	
⅓ Cup Lime Juice	
2 Tbsp Sriracha® (to taste)	
Stir Fry	
2 Cups Broccoli Florets 🍷	1 Cup Green Beans
2 Cups Bok Choy, chopped	1 package Miracle Noodles® (shirataki noodles), prepared
1 lb Salmon, cut into 4, 4 oz portions 🍷	
Additional Ingredients	
2 Tbsp Olive Oil, divided	Sesame Seeds (optional)
Salt and Pepper, to taste	Scallions (optional)

Nourishment Note!

🍷 Salmon
Salmon contains high amounts of omega-3 fatty acids which help to lower inflammation. Omega-3 fatty acids also help to protect the heart and brain.

🍷 Broccoli
Broccoli is a cruciferous vegetable rich in disease fighting compounds. It's also packed with nutrients, including fiber to aid in gut health, vitamin C to help with skin health and immune function, and folate to promote new cell growth.

- Allergen Swap**
- Fish Substitute** Tofu
 - Nuts Substitute** Sun Butter®
 - Soy Substitutes** Coconut aminos, liquid aminos, No Soy® soy sauce

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Grill

Heat grill to medium-high heat. A grill pan on the stove will work as well.

3. Combine Ingredients

In a small bowl, whisk together the sauce ingredients and set aside.

4. Season Salmon & Grill

Drizzle 1 Tbsp olive oil over the salmon and season with salt and pepper, to taste. Grill for 2-3 minutes per side, until desired doneness.

5. Sauté Vegetables & Toss With Noodles

In a large skillet or wok, heat 1 Tbsp olive oil over medium-high heat. Add broccoli, cook for one minute. Add green beans and bok choy and cook for an additional 3 minutes. Add prepared noodles and sauce. Toss to heat through.

6. Garnish & Prepare

Divide stir fry ingredients into four servings, top each with a piece of salmon and garnish with sesame seeds and thinly sliced scallions.

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Small Bowl



Whisk



Knife



Cutting Board



Wok/Large Skillet



Spatula



Tongs



Grill / Grill Pan

Fatigue Buster

- Use individually frozen salmon fillets.
- Purchase pre-chopped broccoli florets or frozen broccoli.
- Purchase pre-squeezed lime juice.