

Dinner

Thai Salmon Stir-Fry

20 Mins Prep Time

15 Mins Cook Time

Servings

521 Calories 37g Fat 14g Carbs 32g Protein



Ingredients

2 Tbsp Olive Oil, divided

Salt and Pepper, to taste

4 Servings



35 Mins Total Time



Sesame Seeds (optional)

Scallions (optional)

♦ Allergens: Fish, Nuts, Soy

Thai Peanut Sauce 1/2 Cup Creamy Peanut Butter 1/4 Cup Soy Sauce 2 Tbsp Ginger Paste 1/3 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**

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 Vegtables & Toss With Noodles

In a large skillet or wok, heat 1 Tbsp olive oil over mediumhigh 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

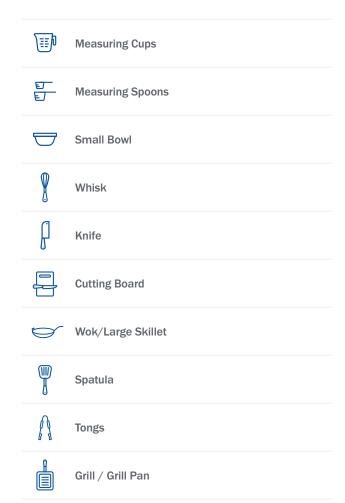
Divide stir fry ingredients into four servings, top each with a piece of salmon and garnish with sesame seeds and thinly sliced scallions.

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need



Fatigue Buster

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