

# Salmon w Chilli & garlic stir fried veg



This is such a simple dish to prepare and cook. If you have a spare piece of Salmon in the fridge or may have purchased a frozen salmon (that is fine). This meal would be completed within 20 minutes. This recipe will feed 2, so perfect to impress that partner.

- Salmon fillets (180 gm)
  - Dried herb mix (enough to coat salmon)
  - 1 table spoon tamari
  - 1 teaspoon minced garlic
  - 60gm red cabbage (thinly sliced)
  - 6 Asparagus (diced)
  - 1 1/2 teaspoons
  - 11 1/2 Sambal Oelek
  - 1 teaspoon hemp seeds
  - 2 tablespoons pumpkin seeds
  - 2 teaspoon Avocado oil
- The veggies
- 3 med carrots (Julienne cut)
  - 100 gm broccoli (small florets)
  - 80 gm button mushrooms
  - 1/2 Green pepper (thinly sliced)
  - 1/2 Red pepper (thinly sliced)
  - 1/4 yellow pepper (thinly sliced)

## Method

- Coat the Salmon with the dried herbs and if you run out, add some more on the plate so it is all covered. If you don't like the skin, remove it and coat with herbs.
- Heat 1 teaspoon of Avocado oil in a wok on high heat, add the garlic and toss but don't burn. Add the mushrooms and toss through until they are soft. Add the broccoli, carrots and toss through and let it cook through for 2 minutes. Add the peppers and toss through and let sit for another 2 minutes. Add the red cabbage, asparagus, hemp seeds, pumpkin seeds and sambal oelek and toss through. Let it cook and infuse for a further 3 minutes. Make sure you frequently toss veggies to infuse flavour.

Now lets get to the salmon

- By the time you have thrown in the peppers, it's now time to cook the salmon. In another pan, add the remaining avocado oil and allow to heat up. Add the coated salmon on the skin side. You should get a sizzle as it hits the pan. Cook for 2 minutes. Carefully drizzle the tamari onto the salmon fillets as it cooks the skin.
- Flip the salmon and cook for a further 2 1/2 minutes. You will see when you are cooking the salmon how it is cooking by looking at the side of the fillets as they will be a different colour.
- Seal the salmon on all sides and once this is done, remove from the heat and serve on top of the veggies. And that's it. Super healthy and super yummy.