

Salmon Stir Fry

Meal course: Lunch

Meal type: Fish

Country of origin: Japan

Difficulty: Easy

Servings: 4

Total time: 15 minutes

Ingredients

1 TBSP garlic, crushed and divided
 1/2 TBSP sesame seeds
 650g salmon fillet, cut into cubes
 40g green onion, chopped
 1 green bell pepper, sliced
 3 TBSPs soy sauce, divided
 1/2 lemon, juiced
 2 TSPs sesame oil, divided
 1 TBSP ginger, minced and divided
 2 cups rice, cooked
 1 TBSP garlic, crushed and divided
 1/2 TBSP sesame seeds

Nutrition Facts

	Amount per serving
Calories	398
Total Fat	21g
Saturated Fat	3g
Total Carbohydrate	21g
Dietary Fiber	3g
Total Sugars	4g
Protein	42g
Cholesterol	98mg
Vitamin D	35IU
Calcium	68mg
Iron	3mg
Potassium	1190mg
Sodium	485mg

Instructions:

1. Marinate salmon in a bowl with 2 TBSPs of soy sauce.
2. Preheat a TSP of sesame oil in a large ceramic non-stick deep wok or a skillet.
3. Add in marinated salmon along with half TBSP of each ginger and garlic. Cook until fish is completely cooked through, for 8-10 minutes, stirring occasionally. Once done, remove to a bowl and keep it aside.
4. Add the remaining sesame oil to the same skillet and the remaining ginger, garlic, a TBSP of soy sauce and sliced bell pepper. Cook for about 5-6 minutes, stirring often.
5. Transfer salmon back to the skillet, top with sesame seeds, green onions and drizzle with lemon juice.
6. Stir and remove to a serving bowl.
7. Serve with rice.

Notes: this recipe is low in carbs, perfect for Keto diet. It is also rich in fiber and vitamins, as well as Omega 3.