



Dinner

Thai Salmon Stir-Fry

20 Mins Prep Time

15 Mins Cook Time

Servings

521 Calories 37g Fat 14g Carbs 32g Protein



Ingredients

4 Servings



35 Mins Total Time



♦ 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)

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2 Cups Broccoli Florets	•	
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1 Cup Green Beans

2 Cups Bok Choy, chopped

1 package Miracle Noodles® (shirataki noodles), prepared

Scallions (optional)

1 lb Salmon, cut into 4,



Additional Ingredients

Salt and Pepper, to taste

2 Tbsp Olive Oil, divided Sesame Seeds (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

Heat Grill

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

Combine Ingredients

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

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.

Sauté Vegtables & Toss With Noodles

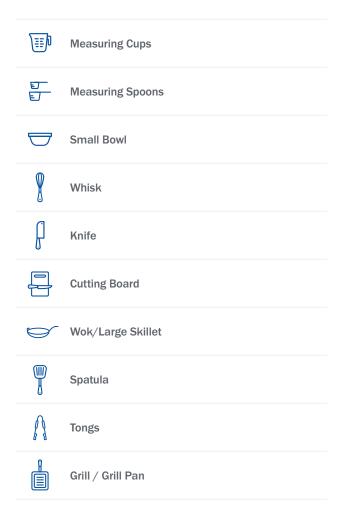
In a large skillet or wok, heat 1 Tbsp olive oil over mediumhigh heat. Add broccoli, cook for one minute. Add green beans and bok choy and cook for an additional 3 minutes. Add prepared noodles and sauce. Toss to heat through.

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.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



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