

Detoxifying Asian Salmon & Veggie Stir Fry

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/smoked-salmon-swiss-chard-stir-fry-recipe>

Ingredients:

- 12 ounces salmon wild caught
- 1 tablespoon sesame oil for pan
- 2 tablespoons coconut aminos
- 2 teaspoons lime juice
- 1 teaspoon fresh ginger peeled and grated
- 1/2 clove garlic finely minced
- 1 teaspoon ground black pepper
- red pepper flakes dash dried, to taste
- 1 tablespoon sesame oil
- 2 cloves garlic finely minced
- 2 teaspoons fresh ginger peeled and grated
- 6 ounces chard thinly sliced, stalks removed or baby kale leaves, about 4 cups packed
- 6 baby bella mushrooms thinly sliced
- 2/3 cup broccoli florets
- 1/3 red bell pepper large, sliced into thin strips
- 2 tablespoons bone broth
- 2 tablespoons coconut aminos
- 2 teaspoons arrowroot powder or potato starch
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 90 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 39 grams

7. SaturatedFat: 4 grams
 8. Sodium: 340 milligrams
 9. Sugar: 4 grams
-

Thank you for visiting our website. Hope you enjoy Detoxifying Asian Salmon & Veggie Stir Fry above. You can see more 18 smoked salmon swiss chard stir fry recipe Deliciousness awaits you! to get more great cooking ideas.