

Super Salmon Stirfry

Ingredients:

2 pieces fresh wild-caught salmon (about 400-500gm) skinless or remove skin
1 red capsicum
6 shallots/spring onions
Big bunch fresh yummy crunchy organic Broccoli (our #1 veggie of choice!)
Dash of [Coconut Oil \(tasteless\)](#) for cooking, or [Extra Virgin Coconut Oil](#)

Marinade for fish:

Tamari (a good few glugs - maybe quarter to third of a cup, enough to coat fish)
Garlic chopped, 2-3 cloves
Ginger 1-2 inch piece chopped, finely julienned or grated
Fresh Chilli (optional)

Method:

Prepare and mix the marinade ingredients in a bowl.
Cube fish into 1/2 to 1 inch squares. Add to marinade.
Mix until fish is well coated.
Put aside in fridge until you're ready to cook - can marinade all day if you want.
Dice red capsicum, cut shallots into 1/2 inch pieces, cut broccoli into bite-sized florets. Set aside in fridge until you're ready to cook.

Cooking:

Lightly cook shallots in pan or wok with a little coconut oil. Remove from pan, set aside.
Do the same to broccoli and capsicum (needs no more oil), set aside with shallots. (Hint: I added about 2 tablespoons of water to help broccoli steam quickly, covering pan for about a minute.)
Add tiny dash more oil (or not - depends on your pan/wok) and cook salmon cubes for about a minute.
Add semi-cooked veggies to fish in pan, stir and allow to cook until salmon just cooked and broccoli is still a bit firm - about another minute or two.
Serve with a half cup of cooked brown rice per person and a squeeze of lemon to finish, then ENJOY!
Leftovers can be enjoyed the next day for lunch ... along with a finely diced jalapeno for a spicy kick and tasty metabolism boost!

