

APRICOT GINGER SALMON BOWL



Makes: 4 servings

Nutrition Information:

Calories: 274, Protein: 39g,
Fat: 10g, Carbs: 57g, Fiber:
2g, Sugar: 27g



INGREDIENTS

16 ounces (1 lb.) sugar snap peas
1 large red bell pepper, diced
20-ounce center-cut salmon fillet, skinned and cut into 2-inch chunks
1 tablespoon coconut sugar
spray olive oil or avocado oil

Sauce

1/4 cup reduced sugar apricot preserves
2 teaspoons fresh ginger
3 tablespoons coconut sugar
1/3 cup low-sodium soy sauce (or tamari)
1/2 cup water (or chicken broth)
1 tablespoon arrowroot

Rice

2 cups cooked jasmine rice (OR steamed cauliflower rice for a low-carb option)
1/2 cup fresh cilantro, finely chopped
1 tablespoon lime zest
juice from 1 lime
1 tablespoon sesame oil (OPTIONAL)

DIRECTIONS:

Mix together the ingredients for the sauce. (BEFORE adding the arrowroot, season to taste the sauce with more/less ginger, soy or water/broth. Careful to not add too much sugar if more sweetness is needed.) Add in the arrowroot and mix together. Set aside.

Set a nonstick skillet on high heat. Once hot, spray with oil and add peas and bell pepper. Cook for 3 to 5 minutes, until sear marks appear along the edges and the peas turn a vibrant green color. Remove the skillet and set aside. Place the skillet back on the heat.

In a bowl, lightly toss salmon nuggets with coconut sugar and (spray) oil. Lightly spray the skillet and add the salmon. Sear and cook for 1 – 3 minutes, careful not to completely cook the salmon. Use tongs or your fingers to quickly flip the salmon while once in the skillet. Once the salmon has some deep, rich sear marks, reduce the heat of the skillet to low-medium and remove the salmon. Set aside.

Once the skillet has cooled down, pour in the ingredients for the sauce. Once the sauce begins to lightly simmer, stir IMMEDIATELY, continuously and quickly. If the skillet is too hot, take it off the heat and continue stirring. Note: adding sauce to a hot skillet will result in a slimy and/or clumpy sauce.

Once the sauce is a nice consistency, add the salmon nuggets back to the skillet and spoon the sauce over the nuggets and allow the heat of the sauce to cook the salmon the rest of the way.

Garnish the salmon with green onion and sesame seeds.

To the jasmine rice, mix in the cilantro, lime zest and juice with a fork.

Bring it all together in a bowl (or meal prep container) – salmon nuggets, rice and veggies.

Source:

<https://fitmencook.com/apricot-ginger-salmon-bowl/>