



Ashley's Meal Prep Monday!



One Pan Killer Crack Salmon and Rice

INGREDIENTS

4 (6oz) pieces wild salmon filets
 salt, garlic powder, onion powder, paprika
 1 TBS avo or sesame oil
 1 TBS butter
 1 large shallot, sliced thin
 10 oz baby bella mushrooms sliced
 2 medium carrots, julienned
 3 cups green cabbage cut into strips
 4 cloves garlic minced
 1 cup basmati rice, uncooked
 1 TSP each salt, garlic powder, onion powder, paprika
 3 cups chicken broth

KILLER SAUCE

2 TBS toasted sesame oil
 2 TSP coconut aminos
 2 TBS honey
 1 TBS ginger paste
 1 clove garlic minced
 1 TSP sesame seeds



Pat salmon dry with a paper towel. Season the tops with salt, garlic powder, onion powder and paprika. Heat 1 TSP oil in deep skillet on med-high. Add fillets, skin side down and cook 2 min. then flip for another 2 min. Remove and set aside covered.

Wipe down pan and add butter and shallot- saute for 1 min. Add mushrooms, carrots, and cabbage - saute for 3-4 min. Stir in garlic for :30 seconds, then stir in the rice and seasoning for 1 min. Pour in broth and stir. Bring to a boil then reduce heat to simmer. Add salmon to the top, cover and cook 20 min on low.

While the dish cooks, make the sauce by whisking together all ingredients. Adjust how you see fit. Drizzle on top of the salmon when ready to serve. Garnish with green onion and **CARTWRIGHT'S** toasted sesame seeds.



Recipe: hungryhappens.com