Dinner, Indian

Spiced Salmon Stir Fry with Tomatoes

Salmon cubes pick up a warm seed and turmeric coating before being folded back into soft onions, garlic, ginger and juicy cherry tomatoes in this quick skillet dish.

30 min	170	6 g	3 g
time	calories	carbs	sugars



Gluten free | Dairy free

Ingredients, 5 servings

- [ ] 1 tbsp vegetable oil (divided use)
- [ ] 2 tsp cumin seeds
- [ ] 1 tsp brown mustard seeds
- [ ] 1/2 tsp turmeric
- [ ] 1 lbs salmon fillets (skinless, cut into 1-inch cubes)
- [ ] 1 large onion(s) (halved, peeled, and sliced into 1/2-inch slices)
- [ ] 2 clove garlic (minced)
- [ ] 1 tbsp fresh ginger (peeled, grated)
- [ ] 1 small hot green chili peppers (finely minced, optional)
- [ ] 1 cup cherry tomatoes (halved)

Method

- [ ] **1** Pour 2 teaspoons of the vegetable oil into a wok or heavy skillet and let it warm up over medium-high heat.
- [ ] **2** Once the oil is ready, toss in the cumin seeds, brown mustard seeds and turmeric, keeping everything moving for a full 1 minute so the seeds start to pop.
- [ ] **3** Next, slide the salmon fillets into the pan and work quickly but carefully for about 3-4 minutes before transferring them out to a plate nearby.
- [ ] **4** Drizzle the rest of the vegetable oil into the same pan and bring the heat down to medium.
- [ ] **5** The onion goes in at this lower heat; give it 6-7 minutes of stirring until it turns completely soft.
- [ ] **6** Stir the garlic, fresh ginger and, if you want some heat, the hot green chili peppers into the onions and cook that mixture for 1 minute.
- [ ] **7** Tumble in the halved cherry tomatoes and keep them moving for 1-2 minutes, stopping as soon as they just start to soften.
- [ ] **8** Finish by bringing the salmon fillets back to the pan and folding everything together with a very gentle touch for 1 minute.

Nutrition Facts

Per serving

Calories	**170**
Total fat	8 g
Saturated fat	1 g
Sodium	75 mg
Total carbs	6 g
Fiber	1 g
Total sugars	3 g
Protein	22 g

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