

RECIPE

Salmon & Vegetables



1 serving

Calories: 320kcal

Protein: 29g,

Fat: 14g

Fiber: 8g

Ingredients

- 4oz salmon
- 2 cups of Vegetables
- Grass-fed butter
- 2 Tablespoons lemon juice
- Salt, Pepper, Garlic powder

Instructions

- Squeeze lemon juice on vegetables
- Season the vegetables, then steam them for 10 minutes, then add some butter for more fat, and flavor.
- Prepare the salmon while vegetables are steaming.
- Pour lemon juice over salmon
- Season salmon with salt, pepper and garlic powder
- Add a chunk of butter on top
- Broil Salmon in the oven, or an airfryer. Flipping every 4 minutes until cooked

Tips

For a quick, easier way, steam everything together at once, and mix it all together as a stir-fry