

Salmon Fried Rice

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template approved



prep time
5 minutes



total time
25 minutes



servings
2-4



Ingredients

- 1lb/450 grams cooked salmon, shredded ~13 protein servings, 1 1/3 servings fat servings
- 2 cups/280 grams cooked rice, reheated ~ 4 carb servings
- 1 tbsp avocado oil ~ 1 fat serving
- 1 tbsp garlic, minced
- 1/3 c sweet onion, diced ~ 1/2 veggie serving
- 1 bell pepper, diced ~ 1 veggie serving
- 1 tsp favorite spice mix (or salt if using unsalted coconut aminos)
- 8oz/240 grams can unsalted peas and carrots, drained ~ 1.4 carb servings OR 7 veggie servings
- 3 tbsp coconut aminos or low sodium soy sauce

Instructions

- 1 Check for and remove any bones in the salmon then shred with a fork.
- 2 Set skillet on medium to high heat. When it's hot add oil, garlic, onions and peppers to the skillet. Saute until fragrant and veggies begin to soften, about 2-3 minutes then reduce heat so garlic doesn't burn.
- 3 Add peas, carrots, salmon and spices mixing everything together. Cook for 1 minute.
- 4 Sprinkle coconut aminos over mixture and fold in warm rice until everything is combined.
- 5 Remove from heat and serve immediately.



Whole Recipe Serving Breakdown:
13 servings of protein
5.4 or 4 servings of carb*
2 servings of fat
1.5 or 8.5 servings of veggies*

*If you treat peas and carrots as carbs, there are higher overall servings of carbs and lower servings of veggies.