

# Salmon Stir-Fry with Veggies and Tamari

## Ingredients

- 1 salmon fillet, cut into chunks
- 1 cup broccoli florets
- 1/2 bell pepper, sliced
- 1 carrot, julienned
- 2 tablespoons tamari (or soy sauce)
- 1 tablespoon sesame oil
- 1 teaspoon grated ginger

## Instructions

1. Heat sesame oil in a large skillet.
2. Add salmon and cook for 3–4 minutes.  
Remove and set aside.
3. Stir-fry veggies for 4–5 minutes, then add tamari and ginger.
4. Return salmon to the pan and cook 2 more minutes.

## Health Benefits

Loaded with antioxidants, vitamins, and omega-3s. Supports detox, digestion, and hormone balance.