

三文魚配小白菜咖哩



三文魚，是最有營養的魚類之一。富含omega-3脂肪酸、優質蛋白質、維生素B12、鉀等必需營養素。三文魚可以降低患心臟病的風險，有利於控制體重，保護大腦健康，並有助於對抗炎症。

三文魚配小白菜咖哩食譜

份量: 1

準備時長: 10 分鐘 | 烹煮時長: 25 分鐘 | 總時長: 35 分鐘

食材:

- 3盎司 - 去皮的鮭魚片
- ¼茶匙 - 鹽
- ¼罐，3.4盎司罐裝 - 椰奶
- ¾湯匙 - 綠咖哩醬
- ½茶匙 - 磨碎的新鮮生薑
- 一瓣 - 剝碎的蒜
- ¼頭，(約½磅) - 小白菜
- ¼湯匙 - 酸橙汁
- 兩枝 - 剝碎香菜
- 8顆 - 無鹽烤腰果
- 半杯 - 已煮熟的糙米

烹飪步驟:

1. 三文魚片兩面用鹽調味，用於烹飪。
2. 用帶蓋子的平底鍋，加入椰奶，綠咖哩醬，薑和大蒜，用中火加熱。用木勺攪拌醬汁。繼續攪拌直到它開始沸騰。
3. 將小白菜洗淨，切成兩半。將小白菜加入燉汁中，攪拌至裹上咖哩汁。
4. 將三文魚均勻地放在鍋中央，蓋上鍋蓋。三文魚煮6-8分鐘。
5. 一旦鮭魚變得不透明(粉紅色)，上面的肉很容易剝落，就完成了烹飪。
6. 倒入咖哩，將三文魚移至盤中。上面放上無鹽烤腰果和切碎的香菜(可選)。與半杯已煮熟的糙米一起食用。好好享受吧!

營養成分

份量: 1

- 熱量: 379卡路里
- 碳水化合物: 43.7克
 - 纖維: 3.8克
 - 糖: 5.1克
- 總脂肪: 10.9克
- 蛋白質: 30.2克
- 鈉: 718.3毫克



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Salmon & Baby Bok Choy Curry



Salmon is one of the most nutritious types of fish. It is rich in omega-3 fatty acids, high-quality protein, vitamin B12, potassium, and other essential nutrients. Salmon may reduce the risk of heart disease, benefits weight management, protect brain health, and help fight inflammation.

Salmon & Baby Bok Choy Curry Recipe

Serving: 1

Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients:

- 3 oz salmon fillet, skinless
- ¼ tsp salt
- ¼ can of 3.4 oz canned coconut milk
- ¾ Tbsp green curry paste
- ½ tsp fresh ginger, grated
- 1 garlic clove, minced
- ¼ head of baby bok choy (½ lb)
- ¼ Tbsp lime juice
- 2 sprigs of cilantro, finely chopped
- 8 unsalted roasted cashews
- ½ cup steamed brown rice

Instructions:

1. Season salmon fillet with salt on both sides. Set aside for cooking.
2. Using a pan with a lid, add coconut milk, green curry paste, ginger, and garlic over medium-heat. Stir sauce with a wooden spoon to combine. Continue to stir until it begins to simmer.
3. Wash and cut each baby bok choy into halves. Add bok choy to simmering sauce and stir to coat in curry sauce.
4. Place salmon evenly in the center of the pan and cover pan with lid. Allow for salmon to cook for 6-8 minutes.
5. Once salmon is opaque (pink) and the meat on top can flake easily, it is finished cooking.
6. Pour curry and transfer salmon onto a plate. Top with unsalted roasted cashews and chopped cilantro (optional). Serve with ½ cup of steamed brown rice. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 379
- Carbohydrates: 43.7 g
 - Fiber: 3.8 g
 - Sugar: 5.1 g
- Total Fat: 10.9 g
- Protein: 30.2 g
- Sodium 718.3 mg



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