

Curry Cabbage with Salmon

- Half a head of cabbage shredded
- A couple carrots shredded
- One red bell pepper diced
- Dash of tumeric
- Dash of yellow curry
- Dash of paprika
- Dash of onion powder
- Dash of parsley
- ½ tsp garlic powder
- Olive oil
- Salt and pepper
- Salmon
- Salt and pepper



Instructions

-Place prepared cabbage, carrots, and bell pepper into a large non stick skillet.

-Add seasonings to taste. Drizzle lightly with olive oil and stir to mix in spices and cook the cabbage for roughly 20-30 min on medium high heat.

NOTE: As the cabbage cooks it will release water, you may also add a little veggie or chicken stock if you feel it is sticking too much. The water will help disperse the tumeric and curry throughout the dish and give it it's yellow color. It doesn't take a lot to get the color and flavor that you desire. I personally use less curry as my husband doesn't like how overwhelming it can be if used liberally. Always remember to taste and season as you go.

-While the cabbage is cooking thaw your salmon fillets in a bowl of warm/hot water, and once thawed or if using fresh, season with the salt and pepper.

Cook salmon in toaster oven on 425 for 10 minutes.

-Plate and serve.