

Recipe

DIRECTIONS

Cabbage: Heat olive oil in wok or skillet. Add fresh thyme, garlic, and trinity & cook for 1 minute. Add cabbage, water, salt & pepper, reduce heat, and let cook for 10 minutes (stir occasionally). Add carrots, blend well & let cook for an additional 5-7 minutes.

Salmon: Season both sides with BBQ rub & massage. In cast iron skillet, heat olive oil, add fresh thyme. Add salmon & let cook for 3-5 mins on each side (based on thickness). Remove from skillet, let rest for 2 minutes, and serve!

INGREDIENTS

Salmon:
Skinless Salmon Steak
1tbs Low Sodium BBQ Rub
Fresh Thyme
2tbs Extra Virgin Olive Oil

Cabbage:
3 Cups Cabbage Shredded
1 Cup Match Stick Carrots
4 Stems Thyme
2 tbs minced garlic
1/2 Cup Holy Trinity
3tbs Extra Virgin Olive Oil
2tbs Water
Salt & Pepper (to taste)

BBQ Salmon & Fried Cabbage



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