## Recipe

# BBQ Salmon &



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### BBQ Salmon & Fried Cabbage



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

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

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

2 tbs minced garlic

/2 Cup Holy Trinity

4 Stems Thyme

3 Cups Cabbage Shredded

Cup Match Stick Carrots

Fried Cabbage

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

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

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

3tbs Extra Virgin Olive Oil 2 tbs minced garlic 4 Stems Thyme 3 Cups Cabbage Shredded 2tbs Water /2 Cup Holy Trinity Cup Match Stick Carrots

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Salt & Pepper (to taste)

3tbs Extra Virgin Olive Oil

2tbs Water

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Salt & Pepper (to taste)



skillet. Add fresh thyme, garlic, and minutes (stir occasionally). Add reduce heat, and let cook for 10 cabbage, water, salt & pepper, trinity & cook for I minute. Add **Cabbage:** Heat olive oil in wok or

trinity & cook for I minute. Add skillet. Add fresh thyme, garlic, and

Fresh Thyme

2tbs Extra Virgin Olive Oil

Skinless Salmon Steak

Itbs Low Sodium BBQ Rub

Cabbage: Heat olive oil in wok or

carrots, blend well & let cook for an minutes (stir occasionally). Add reduce heat, and let cook for 10 cabbage, water, salt & pepper,

additional 5-7 minutes.

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

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3 Cups Cabbage Shredded

### Skinless Salmon Steak 2tbs Extra Virgin Olive Oil Fresh Thyme Itbs Low Sodium BBQ Rub

2 tbs minced garlic 2tbs Water 3tbs Extra Virgin Olive Oi 4 Stems Thyme /2 Cup Holy Trinity Cup Match Stick Carrots

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Salt & Pepper (to taste)

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3tbs Extra Virgin Olive Oil

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rest for 2 minutes, and serve!

skillet, heat olive oil, add fresh BBQ rub & massage. In cast iron

2 tbs minced garlic

/2 Cup Holy Trinity

4 Stems Thyme

3 Cups Cabbage Shredded

I Cup Match Stick Carrots

Salmon: Season both sides with

thyme, Add salmon & let cook for

from the kitchen of  $\mathit{ChefLJ}$   $\mathit{German}$ 

Salt & Pepper (to taste)





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