

SHOPPING LIST:



- One large or medium sized wild caught Salmon boneless Filet
- 4 cloves of garlic
- 1 small piece of ginger
- Mirin (Rice Wine)
- Shoyu or Tamari Soy Sauce - the Tamari is wheat free.
- Sesame Oil
- 2-3 large Purple Sweet Potatoes, if you can't find purple, then use regular Sweet Pappas
- 1 Can of Organic Coconut milk (if you can't find Organic just be sure to check that it doesn't have anything added. You will only use about 1/2 of the can so save it and use it in your pancake mix or oatmeal!)
- Agave or Brown Rice Syrup (this is a great sweetner if you feel the need to jazz these potatoes up!)
- 1 bunch Broccoli