



Smoked Salmon and Vegetable Gnocchi Stir-Fry

This recipe offers a delicious stir-fry featuring smoked salmon, gnocchi, and an array of low-glycemic vegetables. The combination of flavors and textures makes it a satisfying and balanced meal that won't spike glucose levels.

(You should definitely read byjp.me/posts/chef-gpt before you cook this!)

SOURCE [CHATGPT](#) | SERVINGS **4 SERVINGS**

PREP **15 MINUTES** | COOK **20 MINUTES** | TOTAL **35 MINUTES**

- 200g smoked salmon
- 400g gnocchi
- 1 cup broccoli florets
- 1 cup brussel sprouts, halved
 - 1 onion, sliced
 - 1 medium sweet potato, cubed
- 200g mushrooms, sliced
- 1/4 cup almonds
- 2 tbsp sunflower seeds
- 2 tbsp hazelnuts
- 1/2 cup sweetcorn
- 1/2 cup chickpeas
 - 150g butter beans
- 1 can tuna, drained
 - 2 tomatoes, diced
- 2 tbsp olive oil
 - Salt and pepper to taste

1 Begin by boiling gnocchi in a large pot of salted water until they float, then drain and set aside.

2 In a large skillet, heat olive oil over medium heat. Add sliced onions and cook until translucent.

3 Next, add sweet potatoes, broccoli, and brussel sprouts, cooking until slightly tender. Stir in mushrooms, sweetcorn, chickpeas, and butter beans.

4 Once the vegetables are cooked to your liking, add the cooked gnocchi and smoked salmon, stirring gently to combine. Toss in diced tomatoes and tuna, then sprinkle with almonds, sunflower seeds, and hazelnuts. Season with salt and pepper, and cook for an additional 2-3 minutes until everything is heated through. Serve hot and enjoy!

** Feel free to adjust the vegetables based on personal preference or availability.*

** This recipe is versatile - you can add additional herbs or spices for extra flavor.*

** Ensure to check the label when purchasing smoked salmon to ensure it doesn't contain added sugars or sauces.*