

THAI COCONUT SALMON CURRY

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COOK TIME: 30mins

SERVES: 4

CALORIES: 374 kcal (PER SERVING)

INGREDIENTS

4 salmon fillets, skin removed
1 red bell pepper, finely chopped
1 baby bok choy, roughly chopped
2 tbsp coconut oil, or vegetable oil
1 tbsp unsalted butter
1 small onion, finely chopped
4 garlic cloves, minced
1 tbsp grated ginger
400 ml (1 3/4 cups) unsweetened coconut milk
125 ml (1/2 cup) vegetable broth
3 tbsp thai red curry paste
2 tbsp tomato paste
1 tbsp peanut butter
2 tbsp lemon juice
1 tbsp fish sauce
salt + black pepper
1/2 tsp each: ground coriander, ground cumin,
sweet paprika
1 tsp red pepper flakes
basil leaves
steamed Jasmin rice or bread, for serving

DIRECTIONS

Pat the salmon fillets dry with a paper towel and season all over with salt, pepper and sweet paprika.

Heat coconut oil and butter in a large non-stick frying pan over medium high heat. Add the salmon fillets and sear, about 3-4 minutes on each side. Remove from the pan and set aside.

In the same pan, add onion, garlic and ginger. Cook for 2 minutes over low heat until fragrant. Add bell pepper, cook for 3 minutes, stirring occasionally. Stir in tomato paste and curry paste, cook for 1 minute. Add coriander, cumin and red pepper flakes. Season with salt and pepper. Pour broth and bring to a boil.

Add bok choy, fish sauce and peanut butter. Stir to combine. Pour coconut milk and bring to a simmer.

Nestle salmon in the sauce. Sprinkle with lemon juice and simmer for 3-5 more minutes or until the salmon is just cooked through and the sauce is slightly thickened. Remove from heat.

Stir in the basil leaves and serve with rice or some crusty bread. Top with extra red pepper flakes. Enjoy!

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