

EASY BUTTER SALMON CURRY

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COOK TIME: 30mins

YIELD: 4

CALORIES: 524 kcal (PER SERVING)

INGREDIENTS

4 skinless salmon fillets
1 tbsp vegetable oil
2 tbsp unsalted butter
4 garlic cloves, minced
1 shallot, finely chopped
1 tbsp grated ginger
1 tbsp garam masala paste
100 g/3.5 oz tomato paste
1/4 cup/50 ml vegetable broth, or water
250 ml/1 cup crushed tomatoes
250 ml/1 cup cream 20% fat
1 tsp lemon juice
1 tsp each: salt, black pepper, sweet paprika
1/2 tsp each: ground cumin, ground coriander,
turmeric, curry powder, cayenne powder
crushed chili flakes, for serving
2 tbsp toasted cashews, for serving
2 tbsp chopped cilantro, for serving

DIRECTIONS

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

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

Reduce heat to low. Add garlic, shallot and ginger. Cook until soft, 3 minutes. Stir in cumin, coriander, turmeric, curry powder and cayenne powder. Deglaze the skillet with vegetable broth, simmer for 1 minute while stirring and scraping up the brown bits on the bottom of the skillet with a wooden spoon.

Add garam masala and tomato paste, stir until combined with garlic-ginger mixture.

Add crushed tomatoes and pour in cream. Stir to combine and bring to a simmer.

Add the remaining butter, and adjust salt to your own taste.

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

Top with toasted cashews and cilantro. Finish off with crushed chili flakes and black pepper. Serve with rice, naan and a cucumber salad drizzled with yogurt dressing. Enjoy!

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