

Salmon Curry



Salmon Curry Recipe

Ingredients

For the Curry Base:

- 1 tbsp vegetable oil or coconut oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1-inch piece of ginger, grated
- 2 tbsp red curry paste
- 1 can (13.5 oz) coconut milk
- 1/2 cup vegetable or chicken broth
- 1 tbsp fish sauce (or soy sauce for a vegetarian option)
- 1 tbsp lime juice
- 1 tsp sugar (or honey)
- 1 tsp turmeric powder (optional, for color)

For the Salmon and Vegetables:

- 1 lb (450g) salmon fillet, skin removed, cut into chunks
- 1 cup bell peppers, sliced (any color)
- 1 cup spinach or kale
- 1/2 cup cherry tomatoes
- 1/2 cup snap peas or green beans
- Fresh cilantro or Thai basil (for garnish)

Instructions

Prepare the Curry Base:

Heat the oil in a large skillet or wok over medium heat. Add the onion and sauté until softened, about 3–4 minutes.

Add the garlic and ginger, cooking for 1 minute until fragrant.

Stir in the red curry paste and cook for 1–2 minutes to release its flavors.

Build the Sauce:

Pour in the coconut milk and broth, stirring well to combine.

Add fish sauce, lime juice, sugar, and turmeric (if using). Simmer for 5 minutes.

Cook the Vegetables:

Add bell peppers, snap peas, and cherry tomatoes. Simmer for 3–4 minutes until slightly tender.

Add the Salmon:

Gently place the salmon chunks into the curry. Cover and simmer for 5–7 minutes, or until the salmon is cooked through and flakes easily.

Finish with Greens:

Stir in the spinach or kale and cook for 1–2 minutes until wilted.

Serve:

Transfer the curry to a serving bowl. Garnish with fresh cilantro or Thai basil.

Serving Suggestions

Serve over steamed jasmine rice, basmati rice, or coconut rice.

Pair with roti or naan bread for dipping.