

Choco Fever Dream

Salmon Coconut Curry – Thai Inspired

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each)
- [ ] 1 tbsp vegetable oil
- [ ] 1 cup coconut milk
- [ ] 2 tbsp Thai red curry paste
- [ ] 1 tbsp fish sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp brown sugar
- [ ] 1 cup assorted vegetables (bell pepper, snap peas, carrots)
- [ ] 2 tbsp fresh cilantro, chopped

For the Aromatics

- [ ] 1 tbsp ginger, minced
- [ ] 2 cloves garlic, minced
- [ ] 1 stalk lemongrass, bruised and minced

Instructions

1. Heat oil in a large skillet over medium-high heat; add ginger, garlic, and lemongrass, sauté until fragrant, about 1 minute.
2. Stir in the red curry paste, cooking for another minute to release its oils.
3. Pour in coconut milk, fish sauce, lime juice, and brown sugar; whisk gently and bring to a gentle simmer.
4. Add the vegetables, cooking for 3-4 minutes until just tender.
5. Nestle the salmon fillets into the sauce, skin side down if present; cover and simmer for 8-10 minutes, or until the fish flakes easily with a fork.
6. Remove the lid, sprinkle cilantro, give a final gentle stir, and serve hot over rice or noodles.

Nutrition per serving

420 kcal	30 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a splash of water or extra coconut milk.
- For a richer flavor, toast the curry paste briefly before adding liquid.
- Adjust sweetness with more or less brown sugar based on your palate.