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Salmon Green Curry

Salmon is a great source of Omega fatty acids. This tasty meal is satisfying as it is well balanced with good fats, protein and carbohydrates. To lower the carbohydrates serve with cauliflower rice.

Makes 4 servings

Ingredients

- 1Tbsp coconut oil
- 4 skin on Salmon Fillets
- 1 onions, diced
- 1 garlic cloves
- 1 Tsp grated fresh ginger
- 1 Tbsp Green curry paste
- 1 Tbsp lime juice
- 1 Tbsp fish sauce
- 2 large red bell pepper
- 4/5 broccolini stalks cut in half
- 2 large courgettes, sliced
- 400ml coconut cream
- Salt and pepper and chilli (optional) for seasoning



Directions

1. Heat the oil in a pan. Add fillets skin side down, cook for 3-5 minutes until skin crispy. Turn over for 1-2 more minutes. Remove and place on a plate.
2. Add Onions, Garlic, Ginger and saute. Add Curry paste, lime juice and fish sauce and allow to simmer for 5 minutes, Add courgettes, broccolini and peppers and cook for another 5 minute. Add coconut cream and simmer for 10-12 minutes.
3. Heat up the salmon fillets by placing them back onto the heat for 1-2 minutes.
4. Serve curry sauce over cooked jasmine rice or cauliflower rice with the crispy fillet on top, skin side up.