

Helergon Kitchen

# Salmon Coconut Curry – Easy Thai-Inspired Weeknight Dinner

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| **15 min** Prep time | **25 min** Cook time | **40 min** Total time |
| **4** Servings | **Easy** Difficulty | **Thai** Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb salmon fillets, cut into 1-inch cubes
- [ ] 1 cup coconut milk (full fat)
- [ ] 2 tbsp red Thai curry paste
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ginger, grated
- [ ] 1 tbsp fish sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp brown sugar
- [ ] 2 tbsp vegetable oil
- [ ] Fresh cilantro for garnish

## Instructions

1. Heat oil in a large skillet over medium heat; add onion, garlic, and ginger, sauté until fragrant, about 2 minutes.
2. Stir in the red curry paste, cooking for another minute to release its aromatics.
3. Pour in coconut milk, fish sauce, and brown sugar; bring to a gentle simmer while stirring.
4. Add bell pepper slices, let them soften for 2-3 minutes, then gently add salmon pieces, cooking just until the fish flakes, about 5-6 minutes.
5. Finish with lime juice, taste, and adjust seasoning. Sprinkle cilantro and serve hot over rice.

### Nutrition per serving

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

### Tips & notes

- Do not let the sauce boil vigorously; a gentle simmer keeps the coconut milk smooth.
- If the sauce thickens too much, add a splash of water or broth.
- For extra depth, you can toast the curry paste briefly before adding liquid.