

Bite Spoon

Salmon Coconut Curry – Thai Inspired Recipe

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

Ingredients

Main Ingredients

- [ ] 1 lb salmon fillet, cut into 1-inch cubes
- [ ] 1 can (14 oz) full-fat coconut milk
- [ ] 1 tbsp red curry paste
- [ ] 1 stalk lemongrass, bruised and thinly sliced
- [ ] 1 inch fresh ginger, minced
- [ ] 1 garlic clove, minced
- [ ] 1 tbsp fish sauce
- [ ] 2 tsp palm sugar or brown sugar
- [ ] Juice of 1 lime
- [ ] 2 tbsp vegetable oil
- [ ] Fresh cilantro leaves for garnish
- [ ] Salt to taste

Instructions

1. Heat oil in a large skillet over medium-high heat; add the lemongrass, ginger, and garlic, stirring until fragrant, about 1 minute.
2. Stir in the red curry paste, then pour in the coconut milk, fish sauce, and palm sugar. Bring to a gentle simmer, allowing the flavors to meld.
3. Add the salmon pieces, reduce heat to medium, and cook for 5-6 minutes, turning gently, until the salmon is just opaque.
4. Remove from heat, stir in lime juice, season with salt, and garnish with cilantro before serving.

Nutrition per serving

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

Tips & notes

- Avoid boiling the coconut milk vigorously; a gentle simmer keeps it smooth.
- If the sauce thickens too quickly, add a splash of water or extra coconut milk.
- Serve over jasmine rice or cauliflower rice for a low-carb option.