

Thai Coconut Salmon Curry That Feels Like a Vacation in a Bowl

Let me walk you through why this curry works so well and how to make it your own.



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30 min

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INGREDIENTS

- 4 salmon fillets (about 4 oz each)
- 2 tablespoons olive oil
- Salt and black pepper, to taste
- 1 tablespoon olive oil
- 1 red bell pepper, thinly sliced
- 2 cups fresh spinach
- 1 garlic clove, minced
- 1 tablespoon red curry paste
- 1 cup coconut milk (full-fat works best for creaminess)
- 1/2 cup chicken or vegetable broth
- 1 tablespoon soy sauce
- Juice of 1 lime
- Fresh cilantro, chopped (for garnish)
- 2 cups cooked jasmine rice (I love how the fragrance plays with the curry)

DIRECTIONS

- 1. Sear the Salmon:** I start by patting the salmon dry and seasoning it with salt and pepper. In a large skillet over medium heat, I heat up the olive oil and cook the salmon, skin side down if it has skin, for 3-4 minutes per side. I want a nice golden sear and tender, just-cooked-through center. Then I take it out and set it aside while I build the curry.
- 2. SautØ the Veggies:** In the same skillet, I add another tablespoon of olive oil and toss in the sliced red bell pepper. It only takes a couple of minutes to soften up, and I love how it adds both color and sweetness to the dish.
- 3. Add the Flavor Base:** Next, I add the minced garlic and red curry paste. Stirring them together for just a minute helps wake up the aromatics-you'll smell the transformation immediately. This step sets the whole tone for the curry.
- 4. Build the Sauce:** I stir in the coconut milk, broth, soy sauce, and lime juice, scraping up any brown bits left in the pan from the salmon. Then I let it simmer gently for about 5 minutes. This is when the flavors really start to mingle and the sauce thickens slightly.
- 5. Wilt the Spinach:** I toss in the spinach and stir it through the sauce until it's just wilted, about 2 minutes. This adds a fresh, slightly earthy element that helps balance the richness of the curry.
- 6. Return the Salmon:** Now I nestle the seared salmon fillets back into the skillet, spooning some of the curry sauce over the top. I let everything simmer together for another 2 minutes-just enough for the salmon to warm through and soak up some of that

incredible flavor.

7. **Serve and Garnish:** I serve the salmon curry over a bed of fluffy jasmine rice and top it all off with fresh chopped cilantro. A few extra lime wedges on the side never hurt, especially if you like a little more brightness in your bowl.

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