

Sockeye Salmon Yellow Curry

Hazel Blue Acres Silvana, WA

4 sockeye salmon portions, skin and pin bones removed, cut into 1-inch pieces

1 tablespoon coconut oil

1 onion, halved and thinly sliced

2 tablespoons yellow curry paste

3 cloves garlic, minced

1 cup vegetable stock

2 teaspoons yellow mustard

1 teaspoon curry powder

1 tablespoon honey

2 teaspoons fish sauce

½ teaspoon powdered ginger

Salt and pepper to taste

2 cups coconut milk

2 carrots, julienned

1 cup small broccoli florets

1 cup small cauliflower florets

1 red bell pepper, julienned

Plain Greek yogurt to taste (optional)

2 cups uncooked jasmine rice (substitute brown or cauliflower rice)

Garnishes: 1 bunch Thai basil, Greek yogurt, Lime wedges for garnish

Cook rice according to package directions while preparing the curry.

In a deep saucepan, heat coconut oil over medium heat until melted.

Add onion and cook until caramelized and tender, about 5-6 minutes.

Stir in curry paste and garlic, evenly distributing paste throughout mixture.

Cook until fragrant, about 30 seconds.

Pour in vegetable stock and stir until curry paste is dissolved. Simmer for 2 minutes.

Reduce heat to low and stir in mustard, curry powder, honey, fish sauce, ginger, and salt and pepper to taste.

Once sauce has cooled slightly, stir in coconut milk and gradually return heat to medium, stirring often to prevent coconut milk from separating.

Toss in carrots, broccoli, cauliflower and bell pepper and coat thoroughly.

Simmer until vegetables are just tender, about 3-4 minutes.

Stir in yogurt, a tablespoon at a time, to thicken sauce to your liking.

Nestle salmon into curry sauce and cook until fish is pale pink throughout and flakes easily, about 3-4 minutes.

Serve over rice and top with a generous pinch of basil leaves and a dollop of yogurt. Garnish with lime wedges.

Recipe courtesy of [Susie Jenkins-Brito](#)