



SALMON & BOK CHOY GREEN COCONUT CURRY

I love this recipe because it not only is a unique way to get more healthy salmon in your diet, but also to introduce you to bok choy. Bok choy is part of the family of cruciferous vegetables. It is an excellent source of vitamin C, and carotenoids, and a variety of antioxidants. It is also a good source of many bone building nutrients such as calcium, magnesium, zinc and vitamin K.

INGREDIENTS

- 4 (6–8-oz.) skinless salmon fillets
- 2 tsp seasalt, divided
- 1 (14-oz.) can full-fat coconut milk
- 1/4 c green curry paste
- 2 tsp finely grated peeled ginger
- 1 garlic clove, minced
- 1 head of bok choy
- 2 Tbsp fresh lime juice
- 4 scallions, thinly sliced
- 1/2 c cilantro leaves
- 1/4 c raw cashews
- 1 serrano chile (optional)
- Steamed cauliflower rice (for serving)

SERVINGS

Yields: 4 servings

Prep time: 15 minutes

Total time: 30 minutes

DIRECTIONS

1. Season salmon on all sides with 1 tsp salt. Let sit until ready to use.
2. Mince garlic and grate ginger and let sit for 5 minutes.
3. Combine coconut milk, curry paste, ginger, garlic, and remaining 1 tsp salt in a large high-sided skillet over medium- low heat, stirring occasionally, until simmering, 5–6 minutes.
4. Meanwhile, cut bok choy stems into 1/2"-thick slices and leaves into 2" pieces. Rinse well and drain. Add to coconut milk mixture and stir to coat.
5. Nestle salmon fillets into bok choy in an even layer. Cover pan and cook over medium-low heat until salmon is just cooked through and flesh is opaque, 6–8 minutes.
6. Remove from heat and pour lime juice over salmon. Scatter scallions, cilantro, cashews, and chile (if using) over salmon and bok choy. Serve on top of or alongside of rice (if using).