

Plate Dream

Salmon Coconut Curry – Thai Inspired Easy Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, cut into 1-inch cubes
- [ ] 1 can (13.5 oz) full-fat coconut milk
- [ ] 2 tbsp Thai red curry paste
- [ ] 1 tbsp vegetable oil
- [ ] 1 cup broccoli florets
- [ ] 1 small red bell pepper, sliced
- [ ] 1 tbsp fish sauce
- [ ] 1 lime, juiced
- [ ] ¼ cup fresh cilantro, chopped
- [ ] ¼ cup fresh Thai basil, torn

Optional Add-ins

- [ ] 1 tsp palm sugar or honey
- [ ] ½ cup sliced carrots

Instructions

1. Pat the salmon cubes dry, then set aside. In a large skillet, heat the oil over medium heat.
2. Add the red curry paste and stir for 30 seconds, letting its fragrance fill the kitchen.
3. Pour in the coconut milk, fish sauce, and optional palm sugar. Bring to a gentle simmer, then add broccoli and bell pepper.
4. Drop the salmon pieces into the simmering sauce. Cook about 5-6 minutes, just until the fish is opaque but still tender.
5. Stir in the lime juice, cilantro, and basil. Taste and adjust seasoning if needed.
6. Serve the curry over a bowl of steaming jasmine rice, and enjoy the warm, fragrant bowl.

Nutrition per serving

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

Tips & notes

- If the sauce thickens too quickly, add a splash of water or extra coconut milk.
- For extra aroma, finish with a few kaffir-lime leaves removed before serving.
- A quick side of Thai cucumber salad adds a crisp contrast.