

Thai Coconut Curry Salmon

Ingredients

- 2 salmon fillets
- 1 tablespoon coconut oil
- 1 tablespoon red curry paste
- 1 cup coconut milk
- 1/2 red bell pepper, sliced
- 1/4 cup chopped cilantro
- Juice of 1 lime
- Salt to taste

Instructions

- 1.Heat coconut oil in a skillet over medium heat.
- 2.Add curry paste and sauté for 1 minute.
- 3.Add coconut milk and red bell pepper. Simmer 5 minutes.
- 4.Add salmon fillets and cook 7–10 minutes or until fully cooked.
- 5.Garnish with cilantro and lime juice before serving.

Health Benefits

Anti-inflammatory and immune-boosting from coconut milk, curry, and salmon. A healing, flavorful meal.
