

Helergon Kitchen

Salmon Coconut Curry – Easy Thai-Inspired Weeknight Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb salmon fillets, cut into 1-inch cubes
- [ ] 1 cup coconut milk (full fat)
- [ ] 2 tbsp red Thai curry paste
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ginger, grated
- [ ] 1 tbsp fish sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp brown sugar
- [ ] 2 tbsp vegetable oil
- [ ] Fresh cilantro for garnish

Instructions

1. Heat oil in a large skillet over medium heat; add onion, garlic, and ginger, sauté until fragrant, about 2 minutes.
2. Stir in the red curry paste, cooking for another minute to release its aromatics.
3. Pour in coconut milk, fish sauce, and brown sugar; bring to a gentle simmer while stirring.
4. Add bell pepper slices, let them soften for 2-3 minutes, then gently add salmon pieces, cooking just until the fish flakes, about 5-6 minutes.
5. Finish with lime juice, taste, and adjust seasoning. Sprinkle cilantro and serve hot over rice.

Nutrition per serving

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

Tips & notes

- Do not let the sauce boil vigorously; a gentle simmer keeps the coconut milk smooth.
- If the sauce thickens too much, add a splash of water or broth.
- For extra depth, you can toast the curry paste briefly before adding liquid.