



SALMON & COCONUT CURRY

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Curry paste

- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 teaspoon coriander seeds
- 4 cardamon pods
- 8 curry leaves
- 2 large onions
- large knob of ginger (tablespoon)
- 3 large cloves of garlic
- 1 red chilli
- large bunch of coriander stalks
- 2 tablespoons of olive oil

For the curry

- 400ml coconut milk
- 400g tin of chopped tomatoes
- 1 tablespoon tomato puree
- 500g piece of salmon
- 2 large handfuls of green beans
- squeeze of lime juice
- coriander leaves to garnish

METHOD

1. Toast the spices for the curry paste in a dry frying pan until they start to pop.
2. Grind the spices in a spice of coffee grinder or else bash with a pestle and mortar.
3. Add the spices to a food processor with the onions, ginger, chilli, garlic, coriander stalks and olive oil and blend.
4. Add half the paste to a large saucepan and fry gently for 8 minutes. You might need to add a little more olive oil - keep stirring to avoid it sticking.
5. Store the leftover paste in a jar in the fridge or freezer for another day.
6. Add the coconut milk, tinned tomatoes and tomato paste to the saucepan and stir everything together.
7. Cut the salmon into squares - not too small.
8. Add the salmon to the saucepan and simmer over a gentle heat until the salmon is cooked - about 10-15 minutes.
9. Remove from the heat and squeeze over the lime juice and garnish with the coriander leaves.

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