

poached salmon in coconut lime sauce

Serves 4

RECIPE ADAPTED FROM: [RecipeTin Eats](#)

COOK TIME: 15 minutes

- 4 salmon fillets, preferably skinless
- 2 Tbsp coconut or avocado oil
- 2 garlic cloves, minced
- 2 tsp grated fresh ginger
- 1 stalk lemongrass, peeled and grated OR zest from ½ a lemon
- 1-2 tsp chili garlic paste* OR sriracha sauce
- 1 can coconut milk
- 1 Tbsp fish sauce*
- Zest from 1 lime
- Juice from 1 lime

*pay attention to the ingredients, some brands contain added sugars and preservatives.

NOTES: The sauce is delicious and works well with shrimp or chicken too.

HEAT 1 Tbsp oil in a deep skillet over medium high heat.

ADD salmon and sear for just a minute until golden, then flip and sear for 1 more minute. Remove and set on a plate (will still be raw inside).

REDUCE heat to low and let the skillet cool for a minute.

ADD 1 Tbsp oil, garlic, ginger and lemongrass (or lemon zest).

COOK just 1 minute then stir in chili paste and add coconut milk. Scrape up any browned bits.

ADD fish sauce and increase heat to medium.

SIMMER 2-3 more minutes.

ADD the salmon back to the pan (with the sauce) and simmer gently for about 4 minutes or until just cooked.

REMOVE salmon and place on serving dishes.

STIR in lime zest and lime juice to the sauce in the pan, taste and add salt as needed.

SPOON sauce over salmon.

