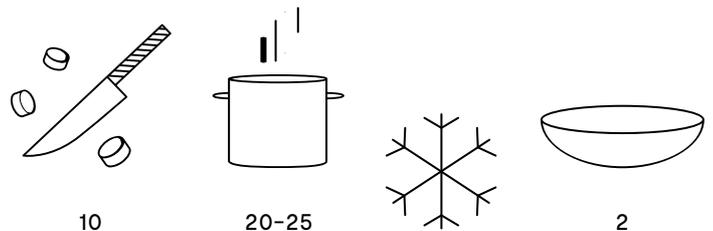




Coconut Salmon Miso Curry

Comforting and light mid week meal idea. This tasty curry will have you cooking it week after week.



Ingredients

2 Tbs. The Groovy Food Company Organic Virgin Coconut Oil

1 medium red onion, halved and sliced 1/2-inch thick (about 2 cups)

1 (1-inch) piece fresh ginger, minced (about 2 Tbs.) (or more)

3 garlic cloves, thinly sliced (or more)

Salt and black pepper

70g white miso

400g coconut milk (use The Groovy Food Company Organic Creamed Coconut to make coconut milk)

700g salmon filet, cut into 2-inch pieces

150g baby spinach (or any other veg of your choice)

Directions

1. In a large pot, heat 2 Tbs. coconut oil over medium heat. Put your rice on, enough for two.
2. Add onion, ginger and garlic and season with salt and pepper. Cook, stirring occasionally, until softened, about 3 minutes. Add miso and cook, stirring frequently, until miso is lightly caramelized, about 2 minutes or longer.
3. Add coconut milk and 240 mls water and bring to a boil over high heat. Cook until liquid is slightly reduced, about 5 minutes. Stir in salmon, reduce heat to medium-low and simmer gently until just cooked through, about 5 minutes. Turn off heat and stir in spinach and lime juice.
4. Divide rice among bowls. Top with salmon curry, basil and corriander. Serve with lime wedges for squeezing on top.

Note: Caramelizing the miso will take more than 2

1 Tbs. fresh lime juice, plus lime wedges for serving

Steamed rice, such as jasmine or basmati, for serving

Handful of chopped fresh Thai basil

Handful of chopped fresh coriander

minutes. If you are using bok choy or other vegetables instead of the spinach, you could add it to the sauce about a minute before you add the salmon to ensure that it cook through.