



RED THAI SALMON & COCONUT CURRY

INGREDIENTS (serves 4)

- 1 tbsp coconut oil
- 4 star anise
- handful of coriander, leaves and stalk separated
- 1 lemongrass stalk, finely sliced
- 4 spring onions, finely sliced
- 1 red chilli, finely sliced
- 1 medium-sized aubergine, chopped into chunks
- 150g sugar snap peas, halved
- 4 tbsp Thai red curry paste
- 400ml coconut milk
- 2 x salmon fillet, skinless and chopped into 3 cm chunks
- 2 tbsp fish sauce
- juice of 2 limes

METHOD

Melt the coconut oil in a large frying pan or wok and add the star anise. Roughly chop the coriander stalks and fry with star anise for 30 seconds. Add lemongrass, spring onions, chilli, aubergine, and continue to stir fry for 3 mins. Add the red curry paste, mixing it in well, then add the coconut milk and bring to boil gently.

Gently add the salmon pieces and sugar snap peas and simmer for 5 mins or until the salmon is cooked. Take off the heat and stir in the fish sauce, lime juice and coriander leaves. Serve in a big bowl. If extra hungry, serve with cauliflower rice.