

Treasure Barrel

Coconut Curry Salmon with Garlic Butter

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

Ingredients

For the Salmon and Sauce

- [ ] 4 (6-ounce) salmon fillets, skin-on or off
- [ ] 1 tablespoon olive oil
- [ ] Salt and black pepper, to taste
- [ ] 1 tablespoon curry powder
- [ ] 1 (13.5 ounce) can full-fat coconut milk
- [ ] 1 teaspoon fish sauce (optional, but adds depth)

For the Garlic Butter Finish

- [ ] 2 tablespoons unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 tablespoon fresh lime juice
- [ ] 2 tablespoons fresh cilantro or basil, chopped, for garnish

Instructions

1. Pat the salmon fillets dry with paper towels. Season both sides generously with salt and pepper. In a large skillet, heat the olive oil over medium-high heat.
2. Place the salmon fillets in the hot skillet, presentation-side down. Sear for 3-4 minutes, until a golden crust forms. Carefully flip the fillets and cook for another minute on the other side. Remove the salmon from the skillet and set it aside on a plate.
3. Reduce the heat to medium. Add the curry powder to the skillet and stir for about 30 seconds until it becomes fragrant. Pour in the coconut milk and fish sauce (if using), whisking to combine with the spices. Let it come to a gentle simmer.
4. Return the salmon fillets to the skillet, nestling them into the sauce. Spoon some of the sauce over the top. Let it simmer gently for 5-8 minutes, depending on the thickness of your fillets, until the salmon is cooked through and flakes easily.
5. While the salmon finishes, melt the butter in a small saucepan or microwave. Stir in the minced garlic. Set aside.
6. Once the salmon is done, turn off the heat. Drizzle the garlic butter and the fresh lime juice over the salmon and sauce. Garnish with chopped cilantro or basil. Serve immediately over rice, spooning plenty of the delicious sauce over everything.

Nutrition per serving

420 kcal	29 g	4 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftovers can be stored in an airtight container in the fridge for up to 2 days. Reheat gently in a skillet over low heat to prevent the salmon from drying out.
- For a spicier curry, add a pinch of red pepper flakes with the curry powder or use a hot curry powder.
- If your coconut milk has separated in the can, just whisk it together before using – the cream and water will incorporate.