



Poached Salmon in Coconut Lime Sauce

Prep Time 10 minutes
Cooking Time 15 minutes
Serves 4

Ingredients

- 4 x 180 gram salmon fillets skinless (skin on ok)
- Salt & Pepper
- 2 T oil
- 2 cloves garlic, finely grated
- 2 t ginger, finely grated
- 1 lemongrass, finely grated (or 1 T lemon grass paste)
- 1 T brown sugar
- 1 t chilli garlic paste
- 400 grams coconut milk
- 1 T fish sauce
- 2 t lime zest
- Lime juice
- To garnish, fresh coriander or sliced chilli
- Accompaniments, cooked Jasmine rice, rice noodles, steamed Asian greens

Method

- Season salmon with salt and pepper
- Heat 1 T of oil in fry pan over medium heat and add salmon skin side up. Cook for 60 to 90 seconds to get colour. Turn and cook for further 60 seconds and set salmon to the side
- Turn down the heat to medium low
- Add the remaining 1 T of oil, garlic, ginger and lemon grass and cook until light golden
- Add sugar and cook for 30 seconds until it becomes golden, add chilli garlic paste
- Add coconut milk and stir, scraping the bottom to remove baked on flavour
- Stir in fish sauce and increase heat to medium and cook for 2 minutes
- Place salmon in the sauce, reduce heat and gently poach for 4 minutes or until just cooked
- Remove salmon, stir in lime zest and juice and season to taste.
- Serve salmon over noodles or rice and spoon sauce over the top, garnish with chilli or coriander