

Salmon & Baby Bok Choy Curry



Salmon is one of the most nutritious types of fish. It is rich in omega-3 fatty acids, high-quality protein, vitamin B12, potassium, and other essential nutrients. Salmon may reduce the risk of heart disease, benefits weight management, protect brain health, and help fight inflammation.

Salmon & Baby Bok Choy Curry Recipe

Serving: 1

Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients:

- 3 oz salmon fillet, skinless
- ¼ tsp salt
- ¼ can of 3.4 oz canned coconut milk
- ¾ Tbsp green curry paste
- ½ tsp fresh ginger, grated
- 1 garlic clove, minced
- ¼ head of baby bok choy (½ lb)
- ¼ Tbsp lime juice
- 2 sprigs of cilantro, finely chopped
- 8 unsalted roasted cashews
- ½ cup steamed brown rice

Instructions:

1. Season salmon fillet with salt on both sides. Set aside for cooking.
2. Using a pan with a lid, add coconut milk, green curry paste, ginger, and garlic over medium-heat. Stir sauce with a wooden spoon to combine. Continue to stir until it begins to simmer.
3. Wash and cut each baby bok choy into halves. Add bok choy to simmering sauce and stir to coat in curry sauce.
4. Place salmon evenly in the center of the pan and cover pan with lid. Allow for salmon to cook for 6-8 minutes.
5. Once salmon is opaque (pink) and the meat on top can flake easily, it is finished cooking.
6. Pour curry and transfer salmon onto a plate. Top with unsalted roasted cashews and chopped cilantro (optional). Serve with ½ cup of steamed brown rice. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 379
- Carbohydrates: 43.7 g
 - Fiber: 3.8 g
 - Sugar: 5.1 g
- Total Fat: 10.9 g
- Protein: 30.2 g
- Sodium 718.3 mg



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