



BigFish Brand™ Eastern Thai Salmon Curry

Serves: 2

Preparation time: 15 minutes

Cooking time: 10 minutes

You will need

2 BigFish Brand Eastern Thai Salmon Fillets

1 can coconut milk

½ green pepper, chopped

½ red pepper, chopped

½ courgette, sliced

½ red onion, sliced

½ tbsp olive or rapeseed oil

1-2 tbsp Green Thai Curry Paste, to taste (buy readymade or make your own using our recipe below)

A small bunch of coriander and wedges of lime, to serve

Rice to serve, eg. a packet of microwaveable Pilau



Warm the oil in a heavy based pan or wok and gently fry courgette, peppers and onion on a medium heat until softened. Now add the coconut milk plus 1-2 tbsp green Thai curry paste (depending on how hot you like it). Bring to a medium heat and stir. Leave to simmer very gently while you cook the salmon.

Unpack the Eastern Thai Salmon Fillets. Pierce the inner bags and place on a plate, cook for 3½ - 4 minutes in the microwave (check pack instructions and adjust to suit your own microwave). When cooked, open the fillets and pop into the pan with the Thai coconut milk and vegetables, stirring gently to nicely coat the salmon.

Cook the rice as per instructions. Serve with a squeeze of fresh lime over the salmon fillets plus a sprinkling of chopped fresh coriander.

Home made Thai curry paste

4 green chillies, roughly chopped

2 shallots, roughly chopped

2 inch piece of fresh ginger root, peeled and roughly chopped

3 cloves garlic, peeled

A small bunch of fresh coriander (washed, stalks still attached)

2 stalks of lemongrass, peeled

Juice and zest of 1 lime

8 Kaffir lime leaves

1 tbsp coriander seeds, crushed

½ tsp black pepper

½ tsp salt

2 tsp Thai fish or soy sauce

3 tbsp olive or rapeseed oil

To make, simply put all the ingredients in a blender and blitz to a paste.