

Crispy Salmon in Coconut Milk

Ingredients

- 4 Atlantic Skin on Salmon portion
- 2 tbsp. Coconut oil
- 1 tsp. salt
- ½ Small onion finely diced
- 2 cloves of garlic finely diced
- ¼ tsp ginger
- 400ml coconut milk
- 1 lime, juiced
- 1 lime, wedged
- 1 tsp chopped chili

Step 1

In a large frying pan, heat 1 tablespoon oil over medium-high heat. Season the salmon with a teaspoon of salt. When oil is hot, add salmon skin side up. Let the salmon cook until a nice golden crust forms and easily lifts off the pan from the pan, about 4 minutes, flip salmon and cook until golden on the other side, about 2 minutes more. Remove and set aside.

Step 2

Turn the heat to medium and add the remaining tablespoon of oil and onion to the skillet. Cook, stirring occasionally, until softened, 2 minutes. Add garlic and ginger and cook, stirring, approx. 1 minute.

Step 3

Pour in the coconut milk and bring to a simmer, stirring occasionally until thickened, add the lime juice and remaining salt.

Step 4

Turn off the heat and place the salmon back in the pan, leave to stand for 2 minutes before serving.