



Curry Salmon and Roasted Beets

NIBBLEDISH CONTRIBUTOR

Ingredients

Salmon

2 cloves garlic, minced
1 teaspoon sesame oil
1/2 cup low fat coconut milk
3/4 cup water plus 1 tablespoon
1 tablespoon fish sauce
1 tablespoon sugar
1 tablespoon yellow curry powder
1/2 teaspoon cardamom
1/2 teaspoon ground ginger
1/2 teaspoon dried basil
1/2 teaspoon dried cilantro
1/2 teaspoon ground cumin
6 fresh mint leaves, minced
1 teaspoon sriracha
2 teaspoons cornstarch
4-4 ounce salmon fillets
Olive oil
Kosher salt

Beets

3 large beets, peeled and sliced
Beetroot leaves, stems removed
Cumin
Chili powder
Olive oil
Kosher salt

Instructions

Salmon

1. In a sauce pan on the stove, mix the coconut milk with garlic, sesame oil, ½ cup water, fish sauce, sugar, curry powder, cardamom, ginger, basil, cilantro, cumin and sriracha. Set on medium-low heat and allow to cook, stirring occasionally.
2. About 5 minutes into the sauce's heating, swirl a small bit olive oil in a pan and once hot, add salmon fillets. Sprinkle side up with a little salt. Cook about 2 minutes per side.
3. Mix remaining tablespoon of water with cornstarch and mint. Add to sauce and stir into curry mixture. Allow 2-3 minutes to thicken over heat. Serve over salmon fillets.

Beets

1. In a large bowl, use your hands to toss beet slices and leaves with a swirl of olive oil. Sprinkle liberally with ground cumin, chili powder and salt.
2. Lay beets on baking sheets covered with aluminum foil. Bake in a preheated oven at 400 degrees for 20-25 minutes or until beets soften.