



# 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

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## 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.