

# Wild Alaska salmon on Thai potatoes

This splendid salmon dish literally sings with the fresh flavours of Thai seasonings. If, however, you aren't keen on coriander replace with flat-leaf parsley.



Purée



**Calories: 435**  
**Protein: 29g**  
**Carbohydrate: 32.7g**  
**Fat: 20.5g**

## SERVES 4

**WLS portion:** ⅓ - ½

400ml can reduced-fat coconut milk

300ml fish or vegetable stock

4 tsp red Thai curry paste

1½ tsp ginger paste

¾ tsp ground turmeric

¾ tsp chopped red chilli

1 bunch spring onions, chopped

675g new potatoes, scrubbed and cut into chunks

salt and freshly ground black pepper

4 wild Alaska salmon fillets, skinned

chopped fresh coriander to garnish (optional)

1. Put the coconut milk, stock, curry paste, ginger paste, turmeric, chilli and spring onions in a large, shallow pan or wok. Bring to the boil, reduce the heat and add the potatoes with salt and pepper to taste. Simmer the potatoes gently, without covering, for about 20 minutes or until almost tender, stirring occasionally.
2. Carefully place the salmon fillets on top of the potatoes and spoon some of the liquid over the top. Cover and simmer for 6-8 minutes, or until the fish is cooked.
3. Serve in shallow bowls, topped with some fresh coriander if liked.

