



Pressure Cooker Salmon Curry

2 servings

15 minutes

Ingredients

- 1 cup Organic Coconut Milk (from the can)
- 2 tbsps Cilantro (chopped)
- 1 tbsp Curry Powder
- 1 tsp Maple Syrup
- 1/2 tsp Cumin
- 1/4 tsp Sea Salt
- 2 stalks Green Onion (chopped)
- 2 cups Baby Spinach
- 1 Carrot (peeled, sliced)
- 8 ozs Salmon Fillet (boneless)

Nutrition

Amount per serving	
Calories	417
Fat	29g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	26g
Cholesterol	62mg
Sodium	425mg
Potassium	1080mg
Vitamin A	8509IU
Vitamin C	12mg
Calcium	90mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	1.1mg
Vitamin B12	3.6µg
Magnesium	73mg
Zinc	1mg

Directions

- 1 Turn your pressure cooker to sauté mode and add the coconut milk, cilantro, yellow curry powder, maple syrup, cumin, sea salt and green onion. Bring the coconut milk to a simmer and add the spinach and carrot. Stir and cook until the spinach wilts down.
- 2 Place the metal trivet in the pot and place the salmon skin-side up on the trivet and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 2 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 4 Using a spoon or a fork carefully peel the skin off the salmon and discard. Flake the salmon into the sauce and then remove the trivet.
- 5 Stir to combine and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh ginger or garlic, lime juice or red pepper flakes.

Additional Toppings: Top with fresh cilantro, lime wedges or more green onions.

Sugar-Free: Omit the maple syrup.

No Green Onions: Use yellow or red onion instead.

Serve it With: Quinoa, brown rice or cauliflower rice.

Salmon: Wild salmon was used to create this recipe. Use skinless salmon if available. For thicker fillets of salmon cut into smaller pieces or adjust cooking time to ensure salmon is cooked through and can flake easily.

Selenium

43µg