



Wild Alaskan Keta Salmon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kaffir leaf
- ☐ 1 tablespoon canola oil
- ☐ 1 cup coconut milk
- ☐ 1 clove garlic minced peeled
- ☐ 1 teaspoon curry paste green
- ☐ 1 pinch each kosher salt and freshly cracked pepper
- ☐ 4 cup warm rice cooked
- ☐ 1.5 pound alaskan keta salmon fillet wild with skin

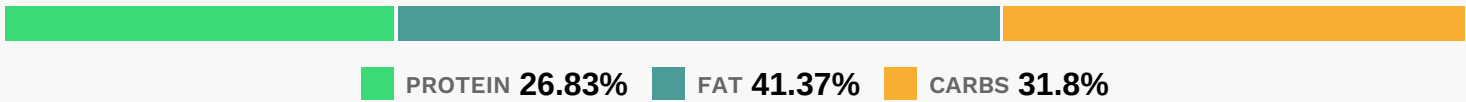
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Rinse the fish fillet and pat dry. with paper towels.
- ☐ Cut it into 2-inch chunks.
- ☐ Heat the oil in a Dutch oven with a lid set over medium-high heat until it shimmers and is nearly smoking.
- ☐ Add the fish skin side down to the pot and cook, until the skin is very crisp and releases itself from the pot. Don't be tempted to move the fish until it releases itself. Lower the heat to medium, turn the fish and cook another 2 or 3 minutes. It need not be cooked all the way through at this point. Move the fish to a paper towel lined plate to drain, skin side up. While the pan is still warm carefully wipe the excess oil from the the pot using a large enough wad of paper towels to protect your hands from burning.
- ☐ Put the drained fish back in the pan, skin side up.
- ☐ Add garlic, chopped tomato, curry paste, coconut milk, kaffir leaf, salt and pepper. Cover and simmer 20 minutes.
- ☐ Serve with rice.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:49.44, Inflammation Score:-6, Nutrition Score:30.704782833224%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 591.82kcal (29.59%), Fat: 26.88g (41.35%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 45.77g (16.65%), Sugar: 0.18g (0.19%), Cholesterol: 93.55mg (31.18%), Sodium: 93.61mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.41%), Selenium: 74.04µg (105.78%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.56mg (78.19%), Vitamin B3: 14.37mg (71.84%), Manganese: 1.22mg (61.08%), Phosphorus: 463.55mg (46.36%), Vitamin B2: 0.67mg (39.28%), Vitamin B5: 3.54mg (35.38%), Copper: 0.66mg (33.13%), Potassium: 1016.22mg (29.03%), Vitamin B1: 0.43mg (28.66%), Magnesium: 94.5mg (23.62%), Iron: 3.6mg (19.98%), Zinc: 2.19mg (14.59%), Folate: 55.24µg (13.81%), Vitamin A: 266.53IU (5.33%), Calcium: 49.7mg (4.97%), Vitamin E: 0.68mg (4.51%), Fiber: 0.7g (2.8%), Vitamin K: 2.51µg (2.39%), Vitamin C: 0.92mg (1.11%)