

Pressure Cooker Salmon Curry

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Salmon Fillet (boneless)
1 Carrot (peeled, sliced)
2 cups Baby Spinach
2 stalks Green Onion (chopped)
1 cup Plain Coconut Milk (no emulsifiers)
1 tbsp Curry Powder
2 tbsps Cilantro (chopped)
1/2 tsp Cumin
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	236	Iron	3mg
Fat	10g	Vitamin D	50IU
Carbs	10g	Folate	98µg
Fiber	3g	Magnesium	72mg
Protein	24g	Zinc	1mg
Vitamin C	12mg		

DIRECTIONS

- 01 Turn pressure cooker to sauté mode and add the coconut milk, cilantro, yellow curry powder, 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.
- 02 Place the metal trivet in the pot and place the salmon skin-side up on the trivet and close the lid.
- 03 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.
- 04 Flake the salmon into the sauce and then remove the trivet.
- 05 Stir to combine and season with additional salt if needed. Divide between plates and enjoy!

NOTES

RECIPE ID 629

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.

MORE FLAVOR

Add fresh ginger, garlic or fresh lime juice.

ADDITIONAL TOPPINGS

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