

# EASY, TASTY CURRIED SALMON

Sarah Roberts

**Why I Make This:** I love curry! I love salmon! I love a meal that gets put on the table faster than I can order in! Enter my new favourite recipe. Salmon is high in Omega 3 fats and turmeric is an anti-inflammatory spice whose beneficial properties become more bio-available when mixed with black pepper and a healthy fat like coconut oil. I hope you and your family gobble it up!

**Serves 4**

## INGREDIENTS

- 1 large fillet of salmon or 2 8-ounce fillets, about 1 inch thick
- 1½ Tablespoons coconut oil
- 1 Tablespoon curry powder
- 1 teaspoon turmeric
- ¼ teaspoon black pepper
- Pinch Himalayan salt

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Mix coconut oil, curry powder, turmeric, salt & pepper in a small bowl.
3. Smear curry mixture onto salmon. Allow it to marinate for up to 8 hours in the fridge (but often, I just make it right away).
4. Bake at 400°F for 12-18 minutes, just until salmon flakes, making sure it doesn't overcook (cooking times will vary depending on the thickness of your salmon and your desired level of doneness).
5. Enjoy with a simple salad and some roasted cauliflower.

**Notes:** You can also do this recipe on the BBQ, but wrap it in tinfoil due to the coconut oil.

I often make the same curry mixture and toss it with a whole head of cauliflower, broken into florets. Roast it in the oven at the same time as the salmon or do it in tinfoil on the BBQ.