

# Creamy Coconut Salmon

3 6 oz salmon filets

2 tbsp olive oil

½ onion, chopped

4 cloves garlic, minced

½ red bell pepper, chopped

1 jalapeno, minced (optional, for spicier sauce)

1 inch ginger, grated/minced

1 can coconut milk

Juice of 1 lime

## Directions

1. Sear salmon, skin side up, in olive oil over medium-high heat for 4-5 minutes. Flip and sear for 2-3 minutes more. Remove to a plate.
2. Add onion to pan and saute 2 minutes or until it starts to soften. Add garlic, red pepper, jalapeno if using, and ginger, and continue to cook for 1-2 more minutes.
3. Add coconut milk. Bring to a boil, then reduce heat to simmer for at least 5 minutes, whisking to break up chunks of coconut cream if needed.
4. Stir in lime juice. Add salmon back to pan for 2-3 minutes to heat.
5. Good with rice, with coconut sauce drizzled over rice.