

Seared Salmon or Sea Bass with Kabocha Squash and Winter Greens in Coconut Curry

Ingredients for Salmon:

2 4 oz. wild salmon filets
1 tbsp. olive oil
1 garlic cloves, smashed and minced
salt and pepper

Method:

Marinate salmon or bass between 20 minutes and 2 hours with oil, garlic. Prepare ingredients for curry.

Ingredients for Squash and Winter Greens:

2 small bu. Kale, or Swiss Chard, stemmed and chopped
1 c. kabocha or butternut squash
¼ tsp. sea salt
2 tbsp. coconut oil
1 small yellow onion
1 c. coconut milk
½ tsp. (Thai Kitchen Brand) red or green curry paste
opt: a few shakes of fish sauce or coconut aminos
salt, and fresh cracked pepper

Method:

Bring steamer or large pot of salted water to a boil. Add squash and cook for 5-10 minutes or until almost done. Drain well and set aside. Add greens to steamer and cook until wilted, but not cooked all the way through.

Heat oil in a large skillet over medium heat. Add onions and stir until translucent. Add curry paste, reserved squash, kale and coconut milk. Stir well and simmer until tender, about 5 minutes. Add fish sauce or coconut aminos if desired. Season with a touch of stevia to balance out sharpness, salt and pepper.

Grill or pan sear fish until cooked, but center still pink if cooking salmon. Serve with vegetable curry mixture.