

# Seafood Red Thai Curry

I absolutely love Indian style curries but I'm also a real sucker for a Thai curries and this has to be up there with one of my favourites.

I love the aromatic coconut sauce that works so well with seafood. This is my favourite combo but you could use any fish or seafood you like. If you don't like mussels, leave them out or if you prefer cod to salmon, swap it around, make it work for you.



**Serves:** 2

**Prep Time:** 10 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 25 minutes

## Ingredients

- 2 skinless salmon fillets.
- 1 onion, finely sliced.
- 1 red pepper, finely sliced.
- 1 thumb piece of ginger, cut into matchsticks.
- 2 garlic cloves, finely sliced.
- 2 tbsps of red Thai curry paste.
- 400 ml of coconut milk.
- 2 tbsps of light soy sauce.
- 1 lime, juice.
- 160 g of raw king prawns.
- 2 handfuls of live mussels.
- 1 small handful of fresh coriander, roughly chopped.



Find this recipe on page  
**102** of [my book](#).

## Method

- Season the salmon on both sides. In a large nonstick frying pan add a drizzle of oil and fry over a medium heat for 3-4 minutes on each side, depending on how thick they are. You want a lovely golden colour on the salmon, then place to one side.
- In the same pan add a little more oil, turn the heat down and gently fry onions, ginger and peppers for 5 minutes with a pinch of salt. Add the garlic and continue cooking for another couple of minutes.
- Turn the heat up, add the curry paste, mix with the veg and cookout for a couple of minutes. Next pour in the coconut milk followed by the soy sauce, lime juice and simmer over a low heat for 2-3 minutes.
- Now return the salmon to the pan and scatter the prawns and mussels in and around the salmon. Cover with a lid and leave for a few minutes so the mussels and prawns cook. Any mussels that do not open throw away. When done sprinkle with the fresh coriander and serve with either rice or noodles.

**\*\*Important Cleaning Tips\*\***

Please be careful when cooking with raw mussels, they MUST be alive at the time of cooking. Place the mussels in a colander and give them a good wash under cold running water. Use the back of a knife to scrape off any barnacles, give them a scrub if need be, and pull the mussels beards off. Once cleaned check the mussels are all closed. If any are open give them a tap on the shell and if they close they are alive. If they stay open, throw it in the bin as it's dead and you don't want to eat one.