



Sweet Potato Salmon Curry

SERVES 4

Together, the sweet potato, buttery cashews and edamame provide texture and elevate this curry that seemingly only gets more flavourful after resting for a day. Lemongrass, kaffir lime leaves and Thai basil are ways to make this dish scream Southeast Asian cuisine even more.

- 2 tsp (10 ml) grapeseed or peanut oil
- 2 shallots, chopped
- 2 tsp (10 ml) finely chopped fresh ginger
- 2 garlic cloves, crushed
- 3 tsp (15 ml) red curry paste
- 1/4 tsp (1 ml) cinnamon
- 1 cup (250 ml) reduced-salt chicken stock
- 1 – 14 oz (400 ml) can light coconut milk
- 1 1/2 Tbsp (30 ml) tomato paste
- 2 tsp (10 ml) fish sauce
- 1 lb (450 g) sweet potato (about 1 large potato),
diced into 1/2 in (1.25 cm) cubes
- 1 lb (450 g) boneless, skinless salmon, cubed
- 1/3 cup (80 ml) unsalted cashews
- 1 cup (250 ml) frozen shelled edamame
- Juice of 1/2 lime
- 1/4 cup (60 ml) chopped coriander

Heat oil in large frying pan over medium heat. Add shallots, ginger and garlic; cook 2 minutes, stirring often. Add curry paste and cinnamon; cook 30 seconds. Place chicken stock, coconut milk, tomato paste and fish sauce in frying pan and stir until curry and tomato paste are dissolved. Add sweet potato, bring to a boil, reduce heat to medium-low and simmer, covered, until potato is tender, about 20 minutes.

Place salmon, cashews and edamame in frying pan and simmer for another 5 minutes, or until salmon is cooked through. Stir in lime juice.

Place curry in serving bowls and garnish with coriander.

Each serving contains: 2194 kilojoules; 34 g protein; 28 g total fat (9 g sat. fat, 0 g trans fat); 35 g total carbohydrates (6 g sugars, 8 g fibre); 482 mg sodium +

Matthew Kadey is a dietitian, nutrition writer and recipe developer. He is also the author of *Muffin Tin Chef* and *The No-Cook, No-Bake Cookbook* (Ulysses Press, 2012 and 2013).