

Salmon in Creamy Curry Sauce with Asparagus



Servings: 2

1 tablespoon ghee
1/2 yellow onion, diced
1 large clove garlic, minced
1 1/2 teaspoons fresh ginger, finely minced
salt and pepper to taste
1 teaspoon curry powder
1 tablespoon Thai red chili paste
3/4 cup Greek yogurt, full-fat, unflavored, unsweetened
1/2 cup heavy cream
12 ounces salmon
6 ounces asparagus
2 tablespoons cilantro, chopped, for garnish

1. In a large skillet, melt ghee and bring it up to medium heat. Add onion and ginger. Cook for 2-4 minutes until onion is translucent. Add garlic, salt and pepper. Add chili paste, curry powder and stir until combined. Add yogurt and cream and stir until mixture comes to a low simmer.
2. Add salmon (leave whole or cut into serving pieces) and spoon sauce over top of salmon. Bring back to a low simmer; cover and continue cooking for about 6 minutes, until outer edges of salmon are cooked through. Interior of salmon may still be "rare," but will continue to cook once it's removed from the pan.
3. Remove salmon and set aside.
4. Cut half of asparagus into small pieces, leaving 4-6 spears whole. Add to simmering cream sauce; cover pan and keep on low heat until asparagus is cooked through, but not soft, about 4-6 minutes (depending on the thickness of the asparagus).
5. Cut the salmon into serving pieces and spoon sauce over the top, along with the spears and chopped up asparagus on the side. Garnish with cilantro. Serve immediately.

Per Serving (excluding unknown items): 594 Calories; 41g Fat (62.1% calories from fat); 42g Protein; 14g Carbohydrate; 3g Dietary Fiber; 244mg Cholesterol; 194mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 95mg Calcium; 3mg Iron; 1029mg Potassium; 577mg Phosphorus. Exchanges: .