

Coconut Poached Salmon with Asian Greens & Black Rice

Experience the rich, aromatic flavors of Coconut Poached Salmon, served with Asian Greens and Black Rice.




Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking. Boil a cooking pot of water.

What you'll need

Oil, Salt, Black pepper, Cooking pot, Strainer, Chopping board, Knife, and Frying pan.

Ingredients (2 persons)


 Water for Rice 400ML


 Black Rice 150GR

 Salmon Fillet 400GR


 Garlic 7GR

 Ginger 7GR

 Lemon Grass 20GR

 Brown Sugar 10GR

 Garlic Chili Paste 20GR

 Coconut Milk 400GR

 Fish Sauce 20GR

 Lime 65GR

 Coriander Leaves 7GR

 Baby Bok Choy 120GR

Method



Cook the Rice

Start by bringing a large pot of **water** to a boil, seasoned with half a teaspoon of **salt**. Add **black rice** and cook for about 30 minutes until the **rice** is tender yet chewy, then drain and set it aside.



Make the Sauce

In the same pan, reduce the heat to **low** and add the chopped **garlic** and **ginger**, cooking them for about 30 seconds until they become fragrant. Then quickly add the **brown sugar**, letting it cook for another 10-20 seconds until it starts to caramelize, and stir in the **garlic chili paste** and pounded **lemongrass**.



Prep the Ingredients

Peel and finely chop both the **garlic** and **ginger**. For the **lemongrass**, peel, and pound, zest the **lime**, and squeeze out the juice into a small bowl. Cut the **baby bok choy** into quarters. Pick the leaves off the **coriander** stems and set them aside for garnishing.



Final Touches

Pour the **coconut milk** into the pan with the **fish sauce**, increase the heat back to medium, and simmer for 2 minutes. Carefully place the **seared salmon** back into the sauce, reducing the heat to low. Let it simmer in the sauce for 5-7 minutes, then add the **lime zest**, **lime juice**, and **baby bok choy**, seasoning with **salt** to taste.



Pan-sear the Salmon

Pat the **salmon** dry with a kitchen towel and season it generously with **salt** and **pepper** on both sides. Heat a pan with a drizzle of **oil** over medium-high heat, and when it's hot, place the **salmon skin-side** down, searing each side for 1-2 minutes, then remove it from the pan and set it aside.



Serve and Enjoy!

Spoon the cooked **black rice** onto individual plates, placing the **salmon** on top. Pour over some of the **coconut lime sauce**, garnish with the fresh **coriander leaves**, and enjoy your aromatic and flavorful dish.

Allergens Fish