Crispy-crusted Thai-style salmon with salsa

Serves 4
Ready in 20 minutes

GF DF

I adore the flavours in this one. Salmon is a great source of omega-3s, healthy fats that are important at any age, but especially during the menopause. Many studies suggest that increasing your omega-3 intake can support your mood, in part because omega-3s might lower levels of inflammation in the body.

4 x 120g (4¼oz) salmon fillets
1–2 tbsp red curry paste
2 tsp olive oil
2 tbsp pumpkin seeds (pepitas)
1 tbsp gluten-free soy sauce

Salsa

1 cucumber, deseeded, finely chopped
1 small red onion, finely chopped
Seeds from 1 pomegranate
Juice of 1 lime
1 green finger chilli, finely chopped
Handful of coriander (cilantro) leaves, chopped (optional)

1 For the salsa, combine the cucumber, red onion, pomegranate seeds, lime juice, chilli and coriander, if using, in a bowl. Season with sea salt and freshly ground black pepper and set aside.

2 Meanwhile, coat the salmon fillets all over in the red curry paste. Heat the oil in a non-stick frying pan over a medium-high heat and fry the fish, skin-side down, for 3–4 minutes until golden and crisp, then turn and cook for 1 minute.

3 Add the pumpkin seeds and soy sauce to the pan. Cover and cook for 3 minutes until the fish is just cooked through. Serve with the salsa.

Tips

Swap the salmon for other white fish fillets, like sea bass, or small chicken breasts, prawns or tofu. And try peanuts or cashew nuts instead of the pumpkin seeds. Serve with your favourite whole grain – brown or red rice or quinoa. For a low-carb option, serve with some greens like steamed pak choi.