



# Salmon and Carrot Curry Turmeric Puree

## INGREDIENTS

### Salmon:

4 pieces Salmon, skin on (6 oz each)  
 Avocado oil for searing  
 Extra salt for fish  
 2 T coconut aminos  
 Juice of 1 lemon

### Carrot Turmeric Curry Sauce:

1# carrots tossed with olive oil and pinch salt  
 1 cup coconut milk  
 ¾ t sherry vinegar  
 ¾ t salt  
 ½ t curry  
 ¼ t turmeric  
 ¼ cup xvo  
 A pinch of black pepper

### Kale:

1 head of kale  
 2 T olive oil  
 Pinch of salt  
 Lemon

### For the Salmon:

Pat the fish with paper towels to remove moisture and let sit out for 15 minutes.

Salt the fish on both sides.

Make sure your pan is very hot. Add the oil.

Sear the fish on each side for 2 minutes.

Top with lemon and coconut aminos.

Add to the oven and broil for 3 minutes.

### For the Carrot Sauce:

Roast carrots for 25 minutes at 375.

Deglaze with 1 T sherry vinegar.

Blend all in vitamix until creamy.

### For the kale:

Sauté 1 head of kale with 2 T olive oil and a pinch of salt on high heat for 5 minutes. Finish with lemon.

