Salmon and Cherry Tomato Curry

By **Ashley Lonsdale**

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Ready In 30 min

Rating ★★★★★ (33)

Poaching salmon is a remarkably foolproof way to prepare a flavorful dinner, especially when you do so in a pot of rich and fragrant coconut milk, radiant from sweet cherry tomatoes and spicy from chile and ginger. If using a wild salmon such as sockeye, simmer over the lowest possible heat setting and stick to the lower end of the cooking window. The gentle approach of poaching prevents overcooking the salmon flesh, regardless of the variety chosen. As with most curries, rice is the answer underneath.

INGREDIENTS

Yield: 4 servings

4 (6-ounce) salmon fillets, skin removed

Salt and freshly ground black pepper

2 tablespoons ghee or coconut oil

3 garlic cloves, minced

1 tablespoon minced fresh ginger

1 bird's-eye chile, or other small chile, sliced

½ teaspoon cumin seeds

1 pound cherry tomatoes

½ teaspoon ground coriander

PREPARATION

½ teaspoon ground turmeric

1 (14-ounce) can coconut milk

5 ounces chopped fresh spinach or baby spinach

Cooked rice, for serving

¼ cup torn or chopped mint, basil or cilantro leaves

Step 1

Season the salmon fillets with salt and pepper on both sides. Set aside.

Step 2

In a large lidded skillet or saucepan, melt the ghee over medium heat. Add the garlic, ginger and chile, and cook for 2 to 3 minutes, stirring frequently, until golden brown and fragrant. Season with salt and pepper. Add the cumin seeds and toast for 15 seconds, then stir in the tomatoes, coriander and turmeric.

Step 3

Stir in the coconut milk and season with salt to taste. Cook for 6 to 8 minutes, uncovered, until liquid is slightly reduced and the tomato skins are bursting.

Step 4

Stir in the spinach and gently nestle the salmon fillets into the curry, submerging as much as possible. Cover and simmer over medium-low until salmon is cooked through, 4 to 7 minutes. Serve over rice and garnish with herbs.

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