

SALMON WITH COCONUT SAUCE

fresh Salmon (cook the salmon on vegetable oil and butter with lime juice)

INGREDIENTES FOR THE SAUCE:

- ½ Red Bell Pepper
- ½ Green Bell Pepper
- ½ Yellow Bell Pepper
- 3oz Purple onion
- 1 spoon Yellow Mustard
- 1 spoon crush ginger
- 1 spoon crush fresh garlic
- 1 lime
- 1 cup of coconut milk
- 1 spoon chile pepper seasoning
- 1 spoon of habanero pepper
- 2 spoon of coconut oil
- 1 roma tomatoes
- ½ spoon of salt

PREPARATION:

Heat the coconut oil, and add the mustard seeds, after the onions, after add the ginger and garlic, chile pepper seasoning, habanero pepper, salt, tomatoes and the last ingredient is the coconut milk, cook everything and when is ready use the blender for the ingredient. After, put the sauce again over the flame and add all the bell peppers.

Server the salmon with the coconut sauce on top.