

# Thai Broccoli Fish Stew

I just love the tangy, savory taste of coconut milk, umami vinegar, lime juice, and red curry in this savory salmon stew. It's the perfect base for poaching broccoli and hunks of fish until perfectly tender. The peppers in the red curry paste, along with ginger and garlic, are excellent for promoting circulation and increasing thermogenesis, which produces heat in the body and can even lead to a boost in fat burning.

1. Heat the avocado oil in a large pot over medium heat until shimmering. Add the onion and cook down for 5 minutes. Add the cilantro, curry paste, umami vinegar, and tamari, then stir well for 2 minutes. Add the garlic and broccoli and stir well so the broccoli is coated, then add the broth. Continue cooking over medium heat until the broccoli is tender, about 7 minutes. Stir in the coconut milk, lime juice, and fish sauce.
2. Completely submerge all the baby spinach in the soup, then add salmon and simmer until cooked through, 6 to 8 minutes, depending on the thickness of the fish.
3. Serve the soup right away, garnishing each portion with green onions, mint, and a lime wedge. If you need to make it ahead of time, wait to add the spinach and salmon until reheating.

Serves: 4  
 Prep Time: 15 minutes  
 Cook Time: 20 to 25 minutes

- 2 tablespoons avocado oil
- 1 large white onion, finely diced (about 1½ cups)
- ½ cup tightly packed fresh cilantro, finely chopped
- ¼ cup plus 2 tablespoons red curry paste
- 2 teaspoons umami plum vinegar
- 1 tablespoon gluten-free tamari
- 1 tablespoon pressed garlic
- 5 cups finely chopped broccoli
- 4 cups (32 ounces) vegetable or chicken broth
- 1 can full-fat unsweetened coconut milk
- 2 tablespoons lime juice
- 3 tablespoons gluten-free, no-sugar-added fish sauce
- 10 ounces baby spinach
- 1 pound boneless, skinless wild-caught salmon, cut into 1-inch cubes
- ½ cup minced green onions
- ½ cup minced fresh mint
- 1 lime, quartered