



**FAST**

## Salmon Thai Red Curry

with Greens



20-30min



2 Portions

The sweet and robust flavour of Tasmanian salmon is the perfect partner to mild Thai red curry. It also cooks in a flash, meaning this wholesome, omega-3-rich weeknight meal with added zucchini and peas is on the table in no time.

## What we send

- jasmine rice
- fish sauce <sup>4</sup>
- zucchini
- Thai red curry paste <sup>6</sup>
- kaffir lime leaf
- peas
- 2 Tasmanian salmon fillets <sup>4</sup>
- coconut milk

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- neutral-flavoured oil
- sugar
- water

## Utensils

- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Cut the kaffir lime leaves very finely to release the maximum flavour.

## Allergens

Fish (4), Soy (6). May contain traces of other allergens.

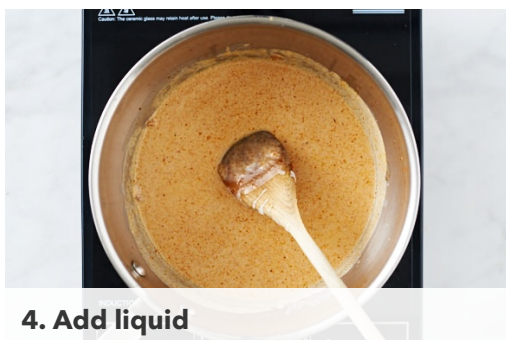
## Nutrition per serving

Energy 885kcal, Fat 45.5g, Carbs 77.3g, Proteins 39.1g



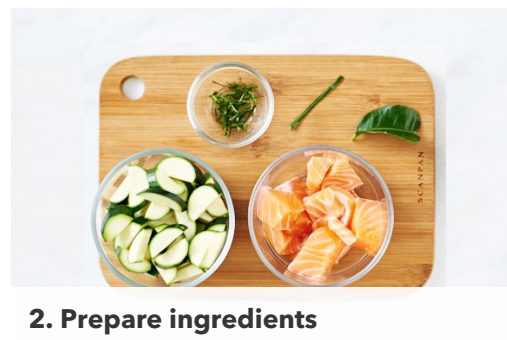
1. Cook rice

**Read through the recipe.** Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Add liquid

Stir in the **coconut milk** and **scrunched up lime leaf** and bring to a simmer, stirring to dissolve the curry paste. Cook, covered, for 5 mins to develop the flavours.



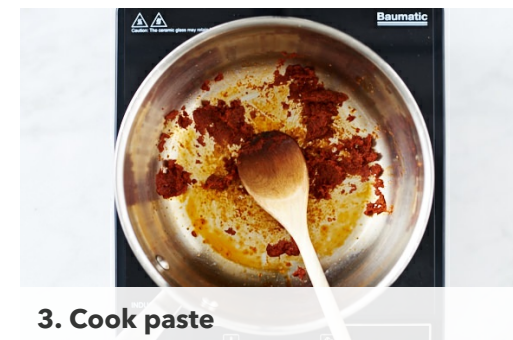
2. Prepare ingredients

Meanwhile, halve the **zucchini** lengthwise, then thickly slice. Discard the centre vein of **1 kaffir lime leaf**, then very finely shred (see cooking tip). Scrunch up the **remaining kaffir lime leaf** to release the flavour. Put the salmon on a board and using a sharp knife, carefully slice between the skin and flesh, to remove the skin. Cut **salmon** into 3cm cubes.



5. Add zucchini

Add the **zucchini** and cook, covered, for 2 mins.



3. Cook paste

Heat **1 tbs oil** in a large saucepan over medium-high heat. Cook the **curry paste**, stirring, for 1 min or until fragrant.



6. Finish curry

Stir in the **salmon** and **peas** and cook, covered, for 2-3 mins until the salmon is just cooked. Gently stir in **2 tsp fish sauce\*\*** and **1 tsp sugar**. Divide the **rice** and **curry** among bowls and scatter with the **shredded lime leaf** to serve.