

FAST

Salmon Thai Red Curry

with Greens



20-30min



4 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

- 4 Tasmanian salmon fillets ⁴
- peas
- fish sauce ⁴
- zucchini
- jasmine rice
- Thai red curry paste ⁶
- coconut milk
- makrut lime leaves

What you'll require

- neutral-flavoured oil
- sugar
- water

Utensils

- large saucepan
- 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.

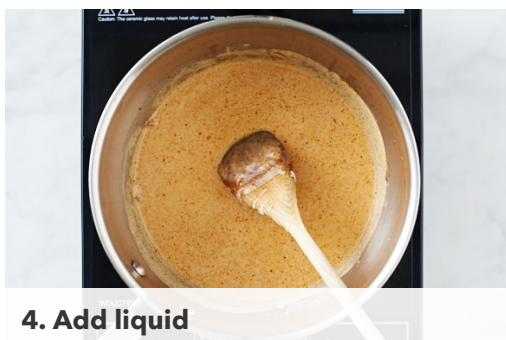
Nutrition per serving

Energy 810kcal, Fat 40.7g, Carbs 72.9g, Proteins 36.5g



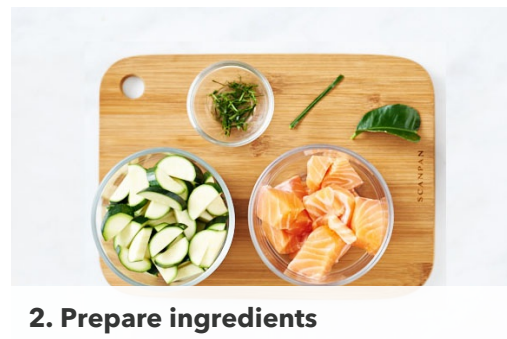
1. Cook rice

Read through the recipe. Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce 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 leaves** and bring to a simmer, stirring to dissolve the curry paste. Cook, covered, for 5 mins to develop the flavours.



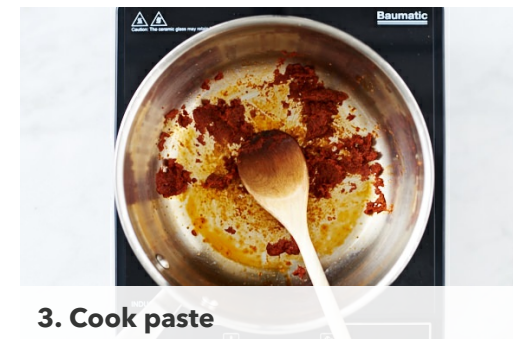
2. Prepare ingredients

Meanwhile, halve the **zucchini** lengthwise, then thickly slice. Discard the centre vein of **2 kaffir lime leaves**, then very finely shred (see cooking tip). Scrunch up **remaining 2 kaffir lime leaves** to release the flavour. Put 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 the **fish sauce** and **2 tsp sugar**. Divide the **rice** and **curry** among bowls and scatter with the **shredded lime leaves** to serve.