

**Product Spotlight:  
Lime**

Before cutting, roll the lime between your palm and benchtop, tenderising the fruit and making it easier to juice!



## Island Salmon

### with Coconut Rice and Mango Salsa

Curry spiced salmon and creamy coconut rice topped with fresh mango salsa with mint and lime. This dish will be a family favourite!



25 minutes



2 servings



Fish

## Switch it up!

*If you prefer a milder flavour, use ground cumin or turmeric to spice the salmon instead of curry powder or use a mixture of honey and soy sauce!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	18g	166g



## FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
MANGO	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
MINT	1 packet
LIME	1
SALMON FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, curry powder

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can serve this dish with some sweet chilli sauce or soy sauce if preferred!



### 1. COOK THE COCONUT RICE

Place **rice** and **coconut milk** in a saucepan. Add **1 cup water** and a pinch of **salt**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE SALSA

Dice **mango** and **capsicum** and quarter **tomatoes**. Slice **mint leaves**. Toss together with **lime zest** and juice from 1/2 lime (wedge remaining). Set aside.



### 3. COOK THE SALMON

Coat **salmon** with **1–2 tsp curry powder**, **oil** and **salt**. Cook in a frypan over medium-high heat for 4–5 minutes each side or until cooked through.



### 4. FINISH AND SERVE

Serve salmon with rice, salsa and lime wedges (see notes).



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