

**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
	33g	22g	42g

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**, quarter **tomatoes**. Slice **mint leaves**. Toss together with **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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