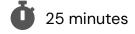






Poached Salmon Curry

Salmon pieces poached in a Cambodian-style yellow curry with flavours of kaffir lime and coconut, served over rice and with a side of garlic Asian greens.





2 servings



Add some extra!

You can add some lemongrass to the curry paste if you have some! Finish the curry with fresh coriander or sliced chilli for added fragrance and flavour.

PROTEIN TOTAL FAT CARBOHYDRATES

38g

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
RED ONION	1
COCONUT MILK	400ml
CAMBODIAN SPICE MIX	1 packet
KAFFIR LIME LEAVES	2
CARROT	1
ASIAN GREENS	1 bunch
GARLIC CLOVE	1
SALMON FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce

KEY UTENSILS

2 frypans, saucepan with lid, stick mixer or blender

NOTES

You can use soy sauce instead of fish sauce if preferred.

We used coconut oil to cook the vegetables for extra fragrance.

Cambodian spice mix: ground turmeric, ground paprika, sugar and garlic.





1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. BLEND THE CURRY PASTE

Peel and chop **ginger**. Roughly chop **onion**. Blend together with **coconut milk**, **spice mix** and **1 tbsp fish sauce** using a stick mixer or blender until smooth (see notes).



3. SIMMER THE CURRY

Heat a frypan over medium-high heat. Pour curry paste into pan. Crush **lime leaves** and add to pan. Simmer for 10 minutes until fragrant and slightly reduced.



4. COOK THE VEGETABLES

Meanwhile, slice **carrot**, and trim and slice **Asian greens** (use to taste). Heat a second frypan over medium-high heat with **oil** (see notes). Add vegetables along with crushed **garlic** clove. Cook until tender. Season with **pepper**.



5. POACH THE FISH

Cut **salmon** into small pieces (2-3cm) and add to simmering curry. Poach gently for 4-5 minutes or until fish is cooked through. Season to taste with **fish sauce**.



6. FINISH AND SERVE

Serve rice with salmon curry and a side of stir-fried vegetables.

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