



Product Spotlight: Coconut Milk

Coconut milk is the liquid that comes from blending the coconut flesh with water. It gives a great background flavour to curries and dressings.



Butter Salmon Curry

A family favourite, with a Dinner Twist! Pan-fried salmon, served in a warming and flavourful curry, over basmati rice with a fresh cucumber topping.



25 minutes



4 servings



Fish

Spice it up!

To spice it up, serve this dish with a sprinkle of dried chilli flakes, ground chilli or slices of fresh green chilli! You can also add these or chilli paste into the curry, but remember that cooking chilli will only increase the heat!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	38g	47g

FROM YOUR BOX

BASMATI RICE	300g
SALMON FILLETS	2 packets
BROWN ONION	1
MURGH MAKHANI SPICE MIX	1 packet
TINNED CHERRY TOMATOES	400g
COCONUT MILK	400ml
LEBANESE CUCUMBERS	2
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, stock cube (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Skip curry powder on the salmon or use curry powder to taste for fussy eaters. Curry powder can vary in strength and spiciness, so use accordingly.

Murgh Makhani: ground cumin, ground paprika, garlic powder, ground turmeric, ground fenugreek, ground coriander, ground cardamom.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. PREPARE THE CUCUMBER

Crescent **cucumbers**. Add to bowl with reserved **coconut milk**, along with **lemon zest, juice from 1/4 lemon** (wedge remaining), **salt and pepper**. Mix to combine.



2. COOK THE SALMON

Coat **salmon** with **oil, 2 tsp curry powder** (see notes), **salt and pepper**. Heat a large frypan over medium-high heat. Add salmon and cook for 2-4 minutes each side until cooked to your liking. Remove to a plate and keep pan over heat.



5. FINISH AND SERVE

Divide **rice** among bowls. Spoon over curry. Top with **salmon, cucumber** and serve with **lemon wedges**.



3. COOK THE CURRY

Add **onion** and **oil** to the frypan. Sauté for 3 minutes to soften the onion. Add **spice mix** and stir to combine. Pour in **cherry tomatoes**. Reserve **1 tbsp coconut milk** in a bowl and pour remaining into pan along with **1 tin water** and **crumbled stock cube**. Simmer curry for 5 minutes.



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