

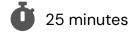




Island Salmon

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!





4 servings



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!

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	165ml
MANGOES	2
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
MINT	1 packet
LIME	1
SALMON FILLETS	2 packets

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 1/2 cups 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 mangoes 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 2-3 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).





