

**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



4/6 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	23g	43g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
COCONUT MILK	165ml	2 x 165ml
MANGOES	2	3
GREEN CAPSICUM	1	2
CHERRY TOMATOES	200g	2 x 200g
MINT	1 packet	2 packets
LIME	1	2
SALMON FILLETS	2 packets	3 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

Add **rice**, **coconut milk** and **2 cups water** to a saucepan with a pinch of **salt**. Bring to the boil, cover, then reduce to medium-low for 10–15 minutes. Remove from heat, stand 5 minutes, then fluff with a fork.

6P – cook rice with **2 x coconut milk**, **3 cups water** and a pinch of salt.



2. PREPARE THE SALSA

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

6P – use **zest and juice from 1 lime**, cut remaining 1 lime into wedges.



3. COOK THE SALMON

Coat **salmon** with **3–4 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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