

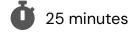




Island Salmon

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!





4/6 servings



ish

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!

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 mediumlow 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).





