



Product Spotlight: Coconut Milk

Coconut milk is lactose free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.



Lime & Sweet Chilli Salmon with Coconut Rice

Salmon fillets cooked with a sweet chilli and lime dressing, served over coconut rice with charred Asian greens and fresh toppings.



30 minutes



4/6 servings



Fish

Make it a curry!

Use the coconut milk and some stock along with some curry paste or spices to make a curry. Cook the Asian greens, tomato and salmon in the curry, finish with lime, fried shallots and serve with rice!

Per serve : **PROTEIN** 30g **TOTAL FAT** 24g **CARBOHYDRATES** 47g

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-------------------|-----------|-------------|
| BASMATI RICE | 300g | 300g + 150g |
| COCONUT MILK | 400ml | 400ml |
| TOMATOES | 2 | 3 |
| LEBANESE CUCUMBER | 1 | 2 |
| FRIED SHALLOTS | 1 packet | 2 packets |
| LIME | 1 | 2 |
| ASIAN GREENS | 1 bunch | 1 bunch |
| SALMON FILLETS | 2 packets | 3 packets |

FROM YOUR PANTRY

oil for cooking (see notes), salt, sweet chilli sauce, soy sauce

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Coconut oil or sesame oil work well with this dish and add an extra depth of flavour.



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1. COOK THE COCONUT RICE

Place **rice**, **coconut milk** and **1 tin water (400ml)** into a saucepan, season with **salt**. Bring to the boil, stir, then reduce heat to medium-low. Simmer, covered, for 10-12 minutes. Take off heat, stand for 5 minutes.

6P - use 700ml water and 400ml coconut milk.



4. COOK THE GREENS

Halve and rinse **Asian greens**. Cook in a frypan over high heat with **oil** for 2-3 minutes each side until charred and tender. Remove to a plate and reduce pan to medium-high heat.



2. PREPARE THE TOPPINGS

Dice **tomatoes** and **cucumber**. Set aside with **fried shallots**.



5. COOK THE SALMON

Coat **salmon** with **1 tbsp prepared dressing**. Add **oil** to frypan and cook **salmon** for 3-4 minutes each side or until cooked to your liking.

6P - coat salmon with 2 tbsp prepared dressing.



3. PREPARE THE DRESSING

Combine **juice from 1/2 lime** (wedge remaining) in a bowl with **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water**. Set aside.

6P - combine lime juice from 1 lime with 3 tbsp sweet chilli sauce, 2 tbsp soy sauce and 3 tbsp water.



6. FINISH AND SERVE

Serve **coconut rice** with **salmon**, **Asian greens**, **toppings**, and **lime wedge**. Spoon over **dressing** to taste.

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