



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cucumber

A cucumber consists of 96% water! It helps you to flush out toxins in your body - all that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



## 1 Salmon

### with Coconut Rice & Fresh Salsa

Fresh capsicum & cucumber salsa and sweet coconut rice served alongside curried salmon fillets.

 25 minutes

 2 servings

 Fish

15 October 2021

## Make a curry!

*Fancy a curry? Use the salmon, curry powder and coconut milk to make a simple curry. Serve over rice topped with fresh salsa and Asian greens!*

## FROM YOUR BOX

BASMATI RICE	150g
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
YELLOW CAPSICUM	1
CHIVES	1/3 bunch *
ASIAN GREENS	2 bulbs
GARLIC CLOVE	1
SALMON FILLETS	1 packet
COCONUT MILK	165ml

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder (or turmeric), sweet chilli sauce

## KEY UTENSILS

saucepan, frypan

## NOTES

If you prefer, you can use 1 tsp ground turmeric instead of curry powder, or cook the salmon plain on the barbecue!

**No fish option** - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low medium-low heat for 10-15 minutes. Remove from heat, see step 5.



### 2. MAKE THE SALSA

Dice cucumber and capsicums into desired sized pieces. Chop chives and toss to combine salsa with **1/2 tbsp olive oil and 1/2 tbsp sweet chilli sauce**. Season with **salt and pepper**.



### 3. COOK THE GREENS

Heat a frypan with **oil** over medium-high heat. Roughly chop Asian greens, add to pan with crushed garlic and cook for 2-3 minutes or until tender. Remove to plate and keep pan over medium-high heat for next step.



### 4. COOK THE SALMON

Toss salmon fillets with **oil, salt and 1 tsp curry powder** (see notes). Add to pan and cook for 2-4 minutes on each side or until cooked to your liking.



### 5. FINISH THE RICE

Add coconut milk to rice and stir gently over medium-high heat for 3-5 minutes to combine well. Season with **salt** to taste.



### 6. FINISH AND SERVE

Serve salmon with coconut rice, salsa and Asian greens. Serve with more sweet chilli sauce if desired.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

