



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

 25 minutes

 4 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	300g
LEBANESE CUCUMBER	1
AVOCADO	1
YELLOW CAPSICUM	1
CHIVES	1/3 bunch *
ASIAN GREENS	1 bunch
GARLIC CLOVES	1-2
SALMON FILLETS	2 packets
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, large frypan

NOTES

If you prefer, you can use 1-2 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, avocado and capsicum into desired sized pieces. Chop chives and toss to combine salsa with **1/2 tbsp olive oil and 1 tbsp sweet chilli sauce**. Season with **salt and pepper**.



3. COOK THE GREENS

Heat a large 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 2 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 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**

