



Product Spotlight: Salmon

A "super" fish with high levels of protein, omega-3 fatty acids and vitamin D. Omega-3 fatty acids reduce inflammation in your body and are great for brain function!



Coconut Creole Salmon with Lime

Blackened salmon fillets in a creamy creole sauce with flavours of garlic, herbs and a hint of cayenne, served over brown rice with a squeeze of lime and fresh parsley.



35 minutes



4 servings



Fish

Add some extra!

You can add some spinach, sliced kale leaves or zucchini to the sauce if you like! Sliced mushrooms also work well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	21g	69g

FROM YOUR BOX

BROWN RICE	300g
SALMON FILLETS	2 packets
SHALLOTS	2
TOMATOES	3
CELERY STICKS	2
CREOLE SPICE MIX	2 packets
COCONUT MILK	165ml
LIME	1
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse and pat dry the salmon before cooking to remove any excess moisture. You can use ground cumin instead of smoked paprika if preferred.

You can wipe out the pan with paper towel if needed.

Creole spice mix: onion powder, garlic powder, dried oregano, dried parsley, dried thyme, smoked paprika, cayenne pepper, cornflour (gf), bay leaves.



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1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. SEAR THE SALMON

Coat salmon with **3 tsp smoked paprika, oil, salt and pepper** (see notes). Heat a large frypan over medium-high heat. Cook salmon for 5–8 minutes, searing each side until cooked to your liking. Remove and set aside.



3. SAUTÉ THE VEGETABLES

Keep pan over medium-high heat (see notes). Add **2 tbsp oil**. Peel and slice shallots, dice tomatoes and celery. Add to pan as you go. Cook until softened. Stir in spice mix and cook for 2 minutes until fragrant.



4. SIMMER THE SAUCE

Pour in coconut milk and **3/4 cup water**. Simmer for 5–8 minutes until reduced.



5. FINISH THE SAUCE

Add 1/2 lime zest and juice (wedge remaining) to sauce. Season with **salt and pepper**. Return salmon to pan.



6. FINISH AND SERVE

Finely chop parsley and use to garnish salmon. Serve with rice and lime wedges.

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