



Product Spotlight: Coconut Milk

The principal medium chain fatty-acids in coconut milk are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



Seared Salmon in Coconut Red Curry Sauce

Pan-fried salmon fillets, served over nutty brown rice, with charred Asian greens and a luscious, warming coconut red curry sauce.



25 minutes



4 servings



Fish

One saucepan!

Thinly slice asian greens and cut salmon into pieces. Add to sauce along with extra water and seasoning to make a more liquid curry.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	37g	44g

FROM YOUR BOX

BROWN RICE	300g
ASIAN GREENS	4 bulbs
GREEN CAPSICUM	1
TOMATOES	2
RED CHILLI	1
SALMON FILLETS	2 packets
RED CURRY PASTE	1 jar
COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, fish sauce (see notes)

KEY UTENSILS

frypan, 2 saucepans

NOTES

Substitute fish sauce with soy sauce or tamari.

The curry paste can be a bit spicy, use less for a milder heat level. Any leftover curry paste can be frozen and used for another dinner.

Use sesame oil to cook the Asian greens for extra flavour.



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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. PREPARE THE INGREDIENTS

Wash Asian greens and halve. Dice capsicum. Wedge tomatoes. Season salmon with **salt and pepper**.

Thinly slice chilli and set aside for garnish.



3. COOK THE SALMON

Heat a frypan over medium–high heat with **oil**. Add salmon and cook for 2–4 minutes each side until cooked to your liking. Remove to a plate and reserve pan for step 5.



4. MAKE THE SAUCE

Heat a second saucepan over medium–high heat with **oil**. Add capsicum, tomato and 1/2 jar curry paste (see notes). Sauté for 3–5 minutes until tomatoes start softening. Pour in coconut milk, **1/2 tin water** and **1 tbsp fish sauce**. Simmer for 5 minutes.



5. COOK THE GREENS

Reheat pan over medium–high heat with **oil** (see notes). Add asian greens and **1 tbsp fish sauce**. Cook for 2–4 minutes each side until charred. Season with **pepper**.



6. FINISH AND SERVE

Divide rice among bowls. Add salmon. Spoon over sauce. Serve with asian greens and chilli slices.

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