

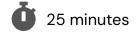




Seared Salmon

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.







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

37g 42

<u>2g</u>

77g

FROM YOUR BOX

BROWN RICE	300g
ASIAN GREENS	1 bunch
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.





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 mediumhigh 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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