

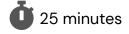




# Island Salmon

## with Coconut Rice and Nectarine Salsa

Curry spiced salmon and creamy coconut rice topped with fresh nectarine salsa with mint and lime. This dish will be a family favourite!





4 servings



Fish

# Switch it up!

If you prefer a milder flavour, use ground cumin or turmeric to spice the salmon instead of curry powder or use a mixture of honey and soy sauce!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

11g

112g

#### FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	165ml
NECTARINES	2
GREEN CAPSICUM	1
	1 (000 -)
CHERRY TOMATOES	1 packet (200g)
MINT	1 packet
MINT	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, curry powder

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can serve this dish with some sweet chilli sauce or soy sauce if preferred!



#### 1. COOK THE COCONUT RICE

Place rice and coconut milk in a saucepan. Add 11/2 cups water and a pinch of salt. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



#### 2. PREPARE THE SALSA

Dice nectarine and capsicum and quarter tomatoes. Slice mint leaves. Toss together with lime zest and juice from 1/2 lime (wedge remaining). Set aside.



#### 3. COOK THE SALMON

Coat salmon with 2-3 tsp curry powder, oil and salt. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



### 4. FINISH AND SERVE

Serve salmon with rice, salsa and lime wedges (see notes).



