




Product Spotlight: Salmon


Salmon is an excellent source of high quality protein, vitamins and minerals with omega-3 fatty acids (required for healthy brain function, heart health, joints and general well-being!)



1 Salmon Korma with Brown Basmati Rice

A mild and fragrant curry using Turban Chopstick's Korma curry paste and fresh pieces of salmon, served on a bed of fluffy brown basmati rice and garnished with chopped coriander.

 25 mins

 4 servings

 Fish

2 April 2021

Spice it up!

Finish the dish with a squeeze of lemon or lime juice if you have some. Toasted cashews or shredded coconut also make a nice garnish.

Per serve: **PROTEIN** 31g **TOTAL FAT** 17g **CARBOHYDRATES** 66g

FROM YOUR BOX

BROWN BASMATI RICE	300g
RED CAPSICUM	1
CARROT	1
SUGAR SNAP PEAS	1/2 bag (125g) *
KORMA CURRY PASTE	1 jar
SALMON FILLETS	2 packets
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan with lid, saucepan

NOTES

If you have some coconut milk you can use that in the curry instead of water in step 3.

Rinse the salmon fillets before using to remove any stray scales.

No fish option - salmon fillets are replaced with chicken stir-fry strips. Increase cooking time to 6-8 minutes.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Slice capsicum and carrot (into crescents). Add to pan as you go.



3. SIMMER THE CURRY

Stir in curry paste along with **1 jar (240ml) of water** (see notes). Cover and simmer for 10 minutes.



4. ADD THE SALMON

Cut salmon into smaller pieces (see notes). Trim and halve sugar snap peas. Add to curry and cook for a further 5 minutes. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide rice and curry among bowls. Roughly chop coriander and use to garnish.

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**

