



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CURRY LEAVES

Curry leaves comes from a tree in the citrus fruit family. It releases a deliciously nutty aroma when cooked and is a staple in South Indian cooking.



# 1. YELLOW SALMON CURRY

A mild and fragrant yellow curry of ginger, turmeric, salmon and tomatoes, served over red rice.

 30 Minutes

 2 Servings

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47g	30g	68g

13 April 2020

## FROM YOUR BOX

RED RICE	150g
LEEK	1/2 *
CURRY LEAVES	2 fronds
GINGER	40g
CHERRY TOMATOES	1/2 bag (100g) *
RED CAPSICUM	1/2 *
SALMON FILLETS	1 packet
NATURAL YOGHURT	1 cup *
BABY SPINACH	1 bag (60g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, garam masala, ground turmeric

## KEY UTENSILS

saucepan, large frypan with lid

## NOTES

Use butter or coconut oil to cook the curry for added flavour!

Serve curry with fresh coriander or chilli if desired.

**No fish option - salmon fillets are replaced with chicken thigh fillets.** Dice and add chicken to pan in step 3. along with the vegetables. Cook for 8-10 minutes until cooked through.



### 1. COOK THE RICE

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



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with oil (see notes). Slice and add leek. Stir in **2 tsp garam masala** and **2 tsp turmeric** along with curry leaves. Cook for 5 minutes until leek is softened.



### 3. ADD THE VEGETABLES

Peel and grate ginger, halve tomatoes and slice capsicum. Add to pan as you go. Cook for 2 minutes until softened.



### 4. ADD SALMON

Cut salmon into pieces. Add to pan and cook for 5 minutes until just cooked through.



### 5. STIR IN YOGHURT

Reduce pan heat to low and stir in yoghurt. Season curry to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide rice, spinach and curry among plates.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

