



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

 4 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
43g	23g	62g

13 April 2020

FROM YOUR BOX

RED RICE	300g
BROWN ONION	1
CURRY LEAVES	2 fronds
GINGER	40g
TOMATOES	2
GREEN CAPSICUM	1
SALMON FILLETS	2 packets
NATURAL YOGHURT	1 cup *
BABY SPINACH	1/2 bag (100g) *

* 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 onion. 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, wedge 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 along with **2 tbsp of water**. 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.

