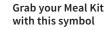


# Thai Red Curry Salmon & Veggies with Garlic Rice & Coriander

PUB BISTRO











Green Beans

Carrot



Makrut Lime



Leaves





Coconut Milk



Salmon



Coriander

**Ginger Lemongrass** Paste



Prep in: 25-35 mins Ready in: 30-40 mins



Nourishing, flavour-packed, and bursting with fresh veggies, this curry is a guaranteed crowd pleaser. Our red curry paste gives the dish a brilliant kick of heat, whilst the coriander adds freshness. Served on a bed of fragrant jasmine rice, this is home cooking at its best.

#### **Pantry items**

Olive Oil, Butter, Brown Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
makrut lime leaves	2 leaves	4 leaves
salmon	1 small packet	1 large packet
Thai red curry paste 🌶	½ tin	1 tin
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 medium tin	2 medium tins
brown sugar*	1 tsp	2 tsp
soy sauce* (or gluten free tamari soy sauce)	½ tbs	1 tbs
coriander	1 medium bag	1 medium bag

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3478kJ (831Cal)	682kJ (163Cal)
Protein (g)	38.5g	7.5g
Fat, total (g)	50.7g	9.9g
- saturated (g)	24.3g	4.8g
Carbohydrate (g)	83.2g	16.3g
- sugars (g)	14.3g	2.8g
Sodium (mg)	1068mg	209mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- Finely chop garlic.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, 1-2 minutes.
- · Add the water and a generous pinch of salt and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



## Get prepped

- Meanwhile, thinly slice carrot into half-moons. Trim **green beans** and slice into thirds.
- · Remove centre veins from makrut lime leaves, then very finely chop.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



#### Cook the salmon

- See 'air fryer tips!' (below). In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Pat **salmon** dry with paper towel and season both sides with salt and pepper.
- · When oil is hot, cook salmon, skin-side down first, until just cooked through, **2-4 minutes** each
- Transfer to a paper towel-lined plate.

**TIP:** Patting the skin dry helps it crisp up in the pan!



## Start the curry

- · Return frying pan to high heat with a drizzle of olive oil.
- · Cook carrot and green beans, tossing, until tender, 4-5 minutes.



## Finish the curry

- SPICY! You may find the curry paste hot! Add less if you're sensitive to heat. Add makrut lime leaves, Thai red curry paste (see ingredients) and ginger lemongrass paste and cook until fragrant, 1-2 minutes.
- Stir in coconut milk, the brown sugar and the soy sauce and simmer until slightly reduced, 2-3 minutes. Season to taste.



## Serve up

- Divide garlic rice and salmon between bowls.
- · Spoon over Thai red curry veggies. Tear over coriander to serve. Enjoy!

#### Use an air fryer!

- 1. Set your air fryer to 200°C. Season salmon as above.
- 2. Place salmon, skin-side up into air fryer basket and cook for 10-12 minutes.

## Rate your recipe