

Thai Red Curry Salmon & Veggies

with Garlic Rice & Coriander

PUB BISTRO



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Makrut Lime Leaves



Thai Red Curry Paste



Coconut Milk



Coriander




Salmon



Ginger Lemongrass Paste

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

 Eat Me First

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	1 packet	2 packets
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 tamar soy sauce)	½ tbs	1 tbs
coriander	1 medium bag	1 medium bag

*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.

We're here to help!

Scan here if you have any questions or concerns

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1



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!

4



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**.

2



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!

5



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.

3



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 side.
- Transfer to a paper towel-lined plate.

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

6



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.

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