



Spicy Thai Salmon Curry

with carrot and pepper

35 – 40 mins • **Spicy**

16



Salmon



Carrot



Bell Pepper



Onion



Lime



Jasmine Rice



Red Thai Style Paste



Coconut Milk

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Carrot	1 unit	2 units
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Lime	½ unit	1 unit
Jasmine Rice	150 g	300 g
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	509 g	100 g
Energy (kJ/kcal)	3095 kJ/ 740 kcal	608 kJ/ 145 kcal
Fat (g)	33 g	6.5 g
Sat. Fat (g)	17.4 g	3.4 g
Carbohydrate (g)	83.4 g	16.4 g
Sugars (g)	12.9 g	2.5 g
Protein (g)	30.2 g	5.9 g
Salt (g)	2.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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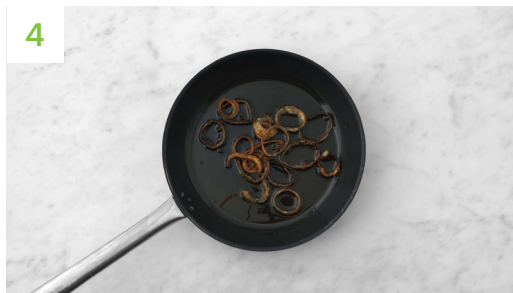


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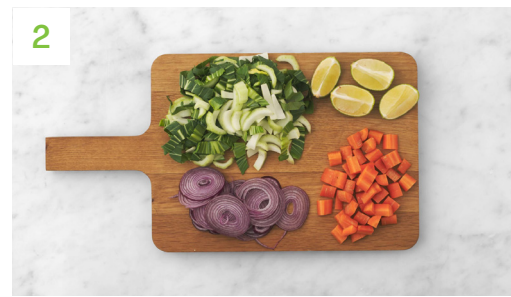
1 Make the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 Fry the Onion

- Meanwhile, place a pan over medium-high heat with enough **oil** to completely cover the bottom.
- Once hot, add the **onion** rings and cook, stirring carefully, until golden brown, 3-4 mins.
- Once cooked, transfer to a plate lined with kitchen paper and season with **salt**. Set aside to crisp up.
- Discard excess **oil** from the pan so only a drizzle remains.



2 Get Prepped

- Trim the **carrot** (no need to peel), quarter lengthways and chop widthways into small pieces.
- Halve, deseed and roughly chop the **pepper**.
- Peel and thinly slice the **onion** into rings.
- Zest **half** the **lime**. Cut into quarters.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



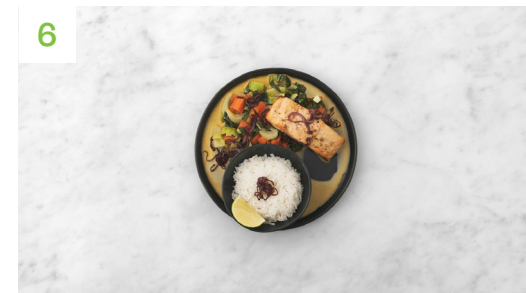
5 Cook the Curry

- Return the pan to medium-high heat.
- Add the **carrots** and **pepper** and cook until softened, 5-6 mins, then add the **Thai paste** and cook until fragrant, 1 min.
- Add the **coconut milk**, ½ tsp **sugar** and 100ml **water** (double both for 4p).
- Season with **salt** and **pepper**. Stir together and cook until the veg is tender, a further 2 mins.
- Squeeze in the juice of one **lime** wedge (double for 4p), taste and season with **salt** and **pepper** if needed.



3 Roast Your Salmon

- Pat the **salmon** dry with kitchen paper. **IMPORTANT:** Wash hands after handling raw fish.
- Pop onto a lined baking tray, skin-side down.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Roast on the middle shelf until cooked through, 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



6 Finish and Serve

- Stir the **lime** zest through the **rice**, fluffing it up as you go.
- Pop the **rice** into one side of a bowl, spoon the curry next to it, then top with the **salmon**.
- Scatter the crispy **onion** rings over the top.
- Serve remaining **lime** wedges alongside for squeezing over.

Enjoy!