

Yellow salmon curry

- Dairy-free
- Egg free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- High in Protein

Loaded with spices, this one-pan yellow curry salmon is perfect for busy weeknights.

- Serves 4
- Cooktime 15 mins 15 minutes
- Preptime 10 mins

Ingredients

- 4 Coles Responsibly Sourced* Tasmanian Salmon Portions Skin On
- 1 red onion, cut into wedges
- 4cm-piece ginger, peeled, cut into matchsticks
- 1/4 cup (75g) yellow curry paste
- 400ml can coconut milk
- 1 lime, rind finely grated, juiced
- 2 tsp brown sugar
- 2 tsp fish sauce
- 1 bunch pak choy, cut into wedges
- Steamed jasmine rice, to serve

Pickled cucumber

- 1 Lebanese cucumber, thinly sliced
- 2 tsp caster sugar

- 1 tsp salt
- 2 tbs white vinegar
- 1 birdseye red chilli, thinly sliced (optional)

Nutritional information

Per serve: Energy: 2351kJ/562 Cals (27%), Protein: 30g (60%), Fat 46g (66%), Sat Fat: 22g (92%), Sodium: 1768mg (88%), Carb: 17g (5%), Sugar: 10g (11%), Dietary Fibre: 4g (13%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat a large deep non-stick frying pan over medium-high heat. Spray the salmon with olive oil spray and season. Cook the salmon, skin-side down, for 1-2 mins or until crisp. Turn and cook for a further 1-2 mins or until light golden. Transfer to a plate.

2. Step 2

Add the onion and ginger to the pan and cook, tossing, for 1-2 mins or until light golden. Add the curry paste and cook, stirring, for 30 secs or until aromatic. Add the coconut milk and bring to a simmer. Cook for 2-3 mins or until the sauce thickens slightly. Stir in the lime rind, lime juice, sugar and fish sauce. Season.

3. Step 3

Add the pak choy and salmon to the pan and cook for 5 mins or until pak choy is tender and salmon is cooked to your liking.

4. Step 4

Meanwhile, to make the pickled cucumber, combine cucumber, sugar, salt, vinegar and chilli, if using, in a small bowl. Set aside for 5 mins to soak.

5. Step 5

Top the curry with a little pickled cucumber mixture. Serve with the rice and remaining pickled cucumber.