



Salmon in Creamy Mustard Curry

with green peas and rice

15 – 20 mins

15



Salmon



Peas



Onion



Rice



Ground Turmeric



Baby Spinach



Mustard



Coconut Milk



Dried Chilli Flakes

Pantry Items: Salt, Pepper, Oil, Water



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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

Pan with lid, pot with lid

Ingredients

	2P	4P
Salmon	200 g	400 g
Peas	120 g	240 g
Onion	1 unit	2 units
Rice	150 g	300 g
Ground Turmeric	1 sachet	2 sachets
Baby Spinach	60 g	120 g
Mustard	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Dried Chilli Flakes	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	419.7 g	100 g
Energy (kJ/kcal)	3263.5 kJ/ 780 kcal	777.6 kJ/ 185.8 kcal
Fat (g)	34.8 g	8.3 g
Sat. Fat (g)	17.6 g	4.2 g
Carbohydrate (g)	74.8 g	17.8 g
Sugars (g)	9.1 g	2.2 g
Protein (g)	33 g	7.9 g
Salt (g)	0.8 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Rice

- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **half the turmeric** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 10 mins.
- Remove the pot from the heat and keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Get Prepped

- Halve, peel and thinly slice the **onion**.
- Shake the **coconut milk** pack to dissolve any lumps.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** until softened, stirring occasionally, 4-5 mins.
- Remove the skin from the **salmon**. Tilt the blade towards the skin to avoid removing too much flesh. Slide the blade **along** the length of the fillet, holding the skin firmly. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Simmer the Stew

- Add **mustard**, **coconut milk** and **half the chilli flakes** (use less if you don't like spice) to the pan. Mix well to combine.
- Stir in the **spinach** and **peas**. Bring to a boil.
- Taste and season with **salt** and **pepper**.
- Place the **fish** on the stew. Sprinkle the remaining **turmeric** over the top.
- Cover and simmer until the **fish** is cooked, 4-6 mins. **IMPORTANT:** Fish is cooked when opaque in the middle. Once cooked, add a splash of water if you feel it's too thick.



Finish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Top with the **coconut** stew and **salmon**.
- Garnish with as many of the remaining **chilli flakes** as you'd like!

Enjoy!