



Product Spotlight: Island Curry Spice Mix


A warming coconut flavour featuring cumin, coconut, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.



Island Curry Laksa with Salmon

Mild in spice but full of flavour, this laksa is made using GH Produce's Island Curry spice mix and is served over rice noodles, topped with salmon, fresh vegetables and finished with lime.

 25 minutes

 4 servings

 Fish

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Spice it up!

You can add more flavour to the broth with grated ginger, kaffir lime leaves or crushed garlic. Use a chicken stock cube or stock paste for the broth if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	23g	88g

FROM YOUR BOX

RICE NOODLES	1 packet
BROWN ONION	1
ISLAND CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
SALMON FILLETS	2 packets
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
LIME	1

FROM YOUR PANTRY

oil for cooking, soy sauce

KEY UTENSILS

large frypan, saucepan, saucepan with lid

NOTES

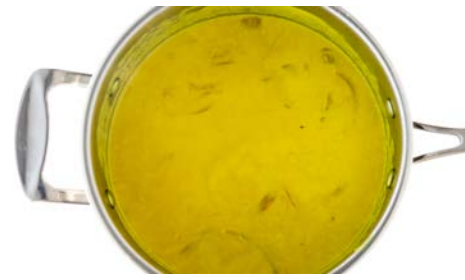
Rinsing the noodles with cold water will stop the cooking process; this prevents your noodles from overcooking in the broth.

Break apart salmon fillets into smaller pieces if preferred.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse well with cold water (see notes).



2. SIMMER THE BROTH

Heat a saucepan over medium heat with oil. Slice and add onion along with spice mix. Cook for 5 minutes until fragrant. Pour in coconut milk and 1L water. Semi-cover and simmer for 10 minutes.



3. COOK THE SALMON

Coat salmon with 1 **tbsp soy sauce**. Heat a frypan over medium-high heat with **oil**. Cook salmon for 4-5 minutes each side or until cooked through.



4. PREPARE THE TOPPINGS

Meanwhile, dice capsicum and cucumber. Julienne or ribbon carrot using a vegetable peeler.



5. FINISH AND SERVE

Season broth with lime zest, juice from 1/2 lime (wedge remaining) and 2 **tbsp soy sauce**. Divide among bowls with noodles, salmon and toppings (see notes). Serve with lime wedges.



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