



Nutritionist's Pick: Golden Salmon-Vegetable Curry

with Sweet Potatoes, Lime and Crispy Shallots

Balanced

Spicy

Preparation time : 15 min.



Salmon Fillets,
skin-on



Coconut Milk



Red Curry Paste



Sweet Potato



Snow Peas



Shanghai Bok
Choy



Crispy Shallots



Lime



Indian Spice



Oil

Blend



Salt



Pepper



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-CA/recipes/nutritionists-pick-golden-salmon-vegetable-curry-17>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	4p	6p
Salmon Fillets, skin-on (g)	250	500	750
Coconut Milk (unit(s))	1	2	3
Red Curry Paste (tbsp)	2	4	6
Sweet Potato (unit(s))	3	6	9
Snow Peas (g)	56	113	168
Shanghai Bok Choy (unit(s))	1	2	3
Crispy Shallots (g)	14	28	42
Lime (unit(s))	½	1	1½
Indian Spice Blend (g)	9	18	27
Oil (tbsp)	½	1	
Salt (tsp)	0,13	¼	
Pepper (tsp)	0,13	¼	

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Calories	770 kcal
Fat	42 g
Saturated Fat	22 g
Carbohydrate	69 g
Sugar	18 g
Dietary Fiber	12 g
Protein	33 g
Cholesterol	75 mg
Sodium	760 mg
Trans Fat	0 g
Potassium	1850 mg
Calcium	225 mg
Iron	5.5 mg

Allergens

Wheat, Soy, Sulphites, May contain traces of allergens, Gluten, Milk, Tree nuts, Peanuts, Sesame, Salmon, Mustard

Always check the product labels for allergen information.



Cook sweet potatoes and prep

- Before starting, wash and dry all produce.
- Using a fork, pierce the skin of each sweet potato four times, all over.
- Place on a microwavable plate. Microwave for 4-6 min, carefully turning half way through, until tender all the way through.
- Cut bok choy into 1/2- inch pieces. Rinse bok choy leaves to wash away any dirt.
- Halve snow peas.



Prep fish and start broth

- Pat salmon dry with paper towels. Cut salmon fillets in half crosswise. Discard salmon skin. Season with salt, pepper and half the Indian Spice Mix.
- Heat a large pot over medium. When the pot is hot, add 1/2 tbsp (1 tbsp) oil, red curry paste and remaining Indian Spice Mix. Cook for 30 sec, until fragrant.
- Add coconut milk and 1/4 cup (1/2 cup) water. Season with salt and pepper, then stir to combine. Bring to a simmer.



Cook fish

- Add salmon to coconut broth.
- Cover and cook for 4-5 min.
- Add bok choy and snow peas.
- Uncover and cook for 2-3 min, until veggies are tender-crisp and salmon is opaque and cooked through.**



Finish prep

- Halve lime.
- When sweet potatoes are tender, cut in half, then scoop out flesh with a spoon. Cut into 1/2-inch pieces.
- Divide sweet potatoes between bowls. Season with salt and pepper.



Finish and serve

- Divide curry, veggies and salmon over sweet potatoes.
- Squeeze a lime half over top.
- Sprinkle with half the crispy shallots (use all for 4 servings).

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Step 6

If you've opted to get salmon, pat salmon dry with paper towels. Cut salmon fillets in half crosswise. Discard salmon skin. Season and cook salmon the same way the recipe instructs you to season and cook tilapia.**

Enjoy your meal!