



Seared Salmon & Thai Red Curry Sauce

with Butter Rice & Radish Tomato Salad

Grab your meal kit with this number

6



Basmati Rice



Garlic



Tomato



Radish



Salmon



Ginger & Lemongrass Paste



Mild Thai Red Curry Paste



Coconut Milk



Mixed Salad Leaves



Salmon



Peeled Prawns

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Tonight, we're elevating flaky, pan-seared salmon by drizzling it in a fragrant and creamy sauce made from mild Thai red curry paste, coconut milk and our zesty ginger and lemongrass paste. Fluffy butter rice is just the accompaniment for soaking up the sauce and for a refreshing side, a crisp tomato and radish salad rounds out the meal.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	40g	80g
garlic	2 cloves	4 cloves
tomato	1	2
radish	2	4
salmon	280g	560g
ginger & lemongrass paste	1 medium packet	1 large packet
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3870kJ (926Cal)	880kJ (211Cal)
Protein (g)	38.7g	8.8g
Fat, total (g)	64.6g	14.7g
- saturated (g)	31.5g	7.2g
Carbohydrate (g)	77g	17.5g
- sugars (g)	11.6g	2.6g
Sodium (mg)	606mg	138mg
Dietary Fibre (g)	4.2g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2026 | CW07



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain, return to saucepan with half the **butter** and stir to combine. Cover to keep warm and set aside.

3



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Pat **salmon** dry with paper towel and season on both sides with **salt** and **pepper**. When oil is hot, add **salmon** skin-side down and cook until just cooked through, **2-4 minutes** each side. Transfer to a plate.
- **SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. Return frying pan to a medium heat with remaining **butter** and a drizzle of **olive oil**. Cook **ginger and lemongrass paste, garlic** and **mild Thai red curry paste** until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar** and a splash of **water**. Cook until slightly thickened, **1-2 minutes**.

TIP: Patting skin dry helps the salmon crisp up in the pan!

CUSTOM OPTIONS



SALMON:

Follow method above, cooking in batches if necessary.



PEELED PRAWNS:

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

2



Get prepped

- While rice is cooking, finely chop **garlic**.
- Roughly chop **tomato**.
- Thinly slice **radish**.

4



Finish & serve

- In a medium bowl, combine **mixed salad leaves**, tomato, radish and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide butter rice between bowls.
- Top with seared salmon and spoon over Thai red curry sauce.
- Serve with tomato salad. Enjoy!

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

