



Recipe

Salmon and pineapple Thai curry

This mild curry dish with omega rich fish, provides a good introduction to Thai spices. With the addition of antioxidant rich pineapple, this dish has a natural sweetness and is an excellent source of vitamin C.

Ingredients

85g Diced pineapple
225ml Coconut milk
35g Pak choi
320g Cubed salmon
1/2 tsp Ground cumin

45g Half moon courgette
65g Diced mixed peppers
165g Thai green curry paste
2 tbsp Pineapple juice
1/2 tsp Ground coriander

30g Sliced green beans
45g Broccoli
35g Halved sugar snap peas
1 tbsp Vegetable stock

Method

Preheat pan to a medium heat.

Add Thai paste, ground coriander and ground cumin to a pan and allow to cook gently for 5 minutes until fragrant.

Add coconut milk and vegetable stock. Give it a good mix and allow it to come up to temperature.

Add all the remaining ingredients and simmer for 20 minutes on a low heat.

Nutritious delight with every bite

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