# 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

½ Pineapple - diced
225ml Coconut milk
1 Thinly sliced pak choi
320g Cubed salmon
½ tsp Ground cumin
1 Courgette cut into half moons
½ Diced red pepper
½ Diced green pepper
165g Thai green curry paste
2 tbsp Pineapple juice
Handful of sliced green beans
½ Broccoli - chopped
Handful of sliced sugar snap peas
1 tbsp Vegetable stock
½ tsp Ground coriander

### 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.

Please note: This recipe is correct at the time of publication on 11/10/2022. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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