

# Zucchini, kaffir lime & Atlantic salmon red curry



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**Preparation** about 25 minutes

**Cooking** about 35 minutes

**Serves** 4

- 1 tbs peanut oil
- 4 green onions (shallots), thinly sliced diagonally
- 2 teaspoons finely grated ginger
- 3–4 tbs red curry paste (to taste)
- 270 ml can reduced fat coconut milk
- ¾ cup fish or chicken stock
- 3 small zucchini, sliced into 2cm-thick pieces
- 750g thick Atlantic salmon fish fillets, skinned, boned and cut into 3cm pieces
- 400g green peas, shelled (about 1 cup peas)
- 1 tbs fish sauce
- 1 tbs lime juice
- 2 kaffir lime leaves, finely shredded
- ½ cup coriander leaves, roughly chopped
- Steamed jasmine rice, to serve



### Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

1. Heat oil in a large saucepan over medium-high heat. Add green onions and ginger and cook for 30 seconds until fragrant. Stir in curry paste and cook for 1 minute. Stir in coconut milk and stock. Bring almost to the boil, stirring often, over medium heat.
2. Add zucchini, cover and simmer for 10–15 minutes until zucchini is almost tender. Add salmon and simmer, stirring occasionally, for 6–8 minutes until almost cooked through. Stir in peas, fish sauce, lime juice and simmer for 2–3 minutes. Add kaffir lime leaves and coriander.
3. Spoon into serving bowls. Top with coriander sprigs and extra shredded kaffir lime leaves if desired. Serve with steamed jasmine rice.

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