

Cambodian Salmon and Spinach Curry

with Jasmine Rice

hellóchef

This creamy, aromatic salmon curry is inspired by 'Amok', a traditional Cambodian fish stew.

Cals 800 • Prot 52 • Carbs 96 • Fat 30

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🕒 cook: 30 min

R2972



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Salmon cubes 6*	350	525	700	Grams
Shallots	1	1	2	Piece
Ginger	30	45	60	Grams
Lemongrass	1	1	2	Piece
Green beans	150	250	250	Grams
Spinach	100	200	200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Turmeric powder	2	2	4	Grams
Coconut milk	200	400	400	ML
Water	100	50	100	ML
Fish sauce 6*, 10*	10	10	20	ML
Sambal oelek	20	30	30	Grams
Lime	1	1	2	Piece
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML

Allergens

*6 Fish, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3347 / 800
Fat (g)	29.5
of which saturates (g)	13.7
Carbohydrate (g)	96
of which sugars (g)	7.7
Fiber (g)	9.4
Protein (g)	51.6
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely slice the **shallots**. Peel and finely chop (or grate) the **ginger**. Bash the **lemongrass** with a rolling pin, slice it down the middle length-ways, remove the tough outer layers and chop the soft inner core finely. Trim and roughly chop the **green beans**.

Tip! In French, 'Mise en place' means 'putting in place'. When cooking, it refers to the prepping and chopping of ingredients in advance. In our experience it helps unnecessary flapping when things get hot in the kitchen!



4 Fry salmon

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon cubes** and a pinch of **salt** and cook for 4 min on either side until cooked through. Transfer the **salmon** to a plate, reserve the pan.



2 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



5 Simmer

Return the pan to a medium-low heat with another drizzle of **oil**. Once hot, add the **shallots** and cook for 3 min or until softened. Once softened, add the **ginger, lemongrass** and **turmeric** and cook for 1 min. Add the **coconut milk, water, fish sauce** and **sambal oelek (spicy!)** and **green beans**. Simmer for 8-10 min.



3 Prep spinach

Meanwhile, boil a kettle. Trim the **spinach** and place it in a colander. Pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly.



6 Serve

Gently fold the wilted **spinach** and **salmon** into the **curry** and cook for 1 final min. Divide the **curry** among bowls and serve with the **rice** on the side. Garnish with a squeeze of fresh **lime** juice.