



Enjoy one of Thailand's most popular curries. This one's a bit milder and slightly sweeter than a traditional Thai red curry.

Takes: 30 min | Gluten-Free | Dairy-Free
Equipment Required: Food processor
Cals 849 | Prot 51 | Carbs 42 | Fat 54

Tips For Fussy Eaters

Can't handle the heat? Go easy on the chilli flakes!

Pro Tip

Cook your salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.

Ingredients For 2 For 3 For 4

Curry

Skin-on salmon fillet	350	525	700	Grams
Shallots	1	1	2	Piece
Red pepper	1	2	2	Piece
Lemongrass	1	1	1	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Panang curry paste	30	45	60	Grams
Chilli flakes	2	2	2	Grams
Peanut butter	30	45	60	Grams
Tamarind Paste	15	22	30	Grams
Fish sauce	10	10	20	ML
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Coconut sugar	10	15	20	Grams
Lime leaves	3	6	6	Piece
Lime	1	2	2	Piece

Cauliflower rice

Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Thai basil	15	15	15	Grams



1 Prep

Peel and finely chop the **shallots**. Slice the **pepper**. Finely slice 5/7.5/10 cm of the **lemongrass**. Keep the rest whole.



2 Cauliflower rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min. Once cooked, transfer to a plate. Wipe the pan clean and reserve.



3 Fry

Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **shallots** and cook for 3 min. Add the bell **pepper**, **ginger garlic paste**, sliced **lemongrass** and **Panang curry paste**. Cook for 2 min further.



4 Simmer

Add a pinch of **chilli flakes (spicy!)**, the **peanut butter**, **tamarind paste**, **fish sauce**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**. Simmer (don't boil) over a low heat for 10 min.



5 Fry salmon

Meanwhile, portion the **salmon**. Heat the reserved pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon fillets** skin-side down and cook for 3-4 min on either side until cooked through.



6 Serve

Slice the **lime** into wedges. Season the **curry** with a squeeze of **lime** juice and **salt** if needed. Remove the **lemongrass** piece and the **lime leaves**. Serve the **salmon** over the **curry** with the **cauliflower** rice to the side. Garnish with any remaining **lime** wedges and the **Thai basil leaves**.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99