

Red Curry Salmon with Veggie "Rice"

This dish is all about the red curry sauce. Creamy and flavorful, it has just the right balance of spices. We're serving it over our premium salmon and carb-friendly cauliflower and broccoli "rice" for a super delicious, low carb dinner that's on the table in just 20 minutes.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Cauliflower & Broccoli
"Rice"

Salmon

Red Curry Sauce

Sesame Seeds

Good To Know

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving – 460 Calories, 24g Fat, 20g Carbs, 41g Protein and 5 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Broccoli, Cauliflower, Water Chestnuts, Coconut Milk, Green Onion, Sesame Seeds, Curry Paste, Ginger, Basil, Miso, Lime, Garlic.

meez meals

1. Cook the Cauliflower & Broccoli "Rice"

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the **Cauliflower & Broccoli "Rice"** and sauté until the vegetables are soft and start to brown, about 5 to 6 minutes. Remove from the heat and place directly in serving bowls. Wipe out the pan.

2. Prepare the Salmon

Dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Return the skillet to the stove over medium-high heat with 2 Tbsp olive oil. When the oil is hot, add the salmon and cook until it is brown on one side, about 3 minutes. Flip and cook until the other side browns, an additional 3 minutes. Remove from heat and place salmon filet on top of the vegetables in the serving bowls. Wipe out the pan.

3. Warm the Sauce

Return the skillet to the stove over medium-high heat. Add the **Red Curry Sauce** and bring to a boil. Reduce the heat to medium and simmer until the sauce reduces a bit and thickens enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

4. Putting It All Together

Pour the Red Curry Sauce over the salmon and sprinkle with the **Sesame Seeds**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois