

# Thai Style Tasmanian Atlantic Salmon with Baby Bok Choy



Tasmanian Atlantic Salmon is the standout amongst Superfoods. It's rich in Omega 3s and other essential nutrients for healthy hearts, active minds and youthful looks. Fast and easy to prepare, feel super by enjoying it twice a week. Tasmanian Atlantic Salmon is super-easy Superfood.

Serves 4



Prep in 5mins,  
cook in 10



Approx \$4.50  
a serve

- ✓ 500g Tasmanian Atlantic Salmon fillets, sliced into chunks with skin removed
- ✓ 375ml light coconut milk
- ✓ 1 teaspoon Thai red curry paste
- ✓ 1 teaspoon brown sugar
- ✓ 2 stalks baby bok choy, roughly torn
- ✓ 1 tablespoon coriander leaves
- ✓ Plain rice, boiled
- ✓ Lime wedges

Gently heat coconut milk, curry paste and sugar in a large saucepan. Stir in salmon and cover for 3-4mins until salmon is opaque. Add bok choy and cover until wilted. Stir through coriander and serve with plain boiled rice and lime wedges.

*Super-Easy Superfood*

For more information visit [tasmaniansalmon.com.au](http://tasmaniansalmon.com.au)



Tasmanian  
Atlantic  
Salmon