



## Curry-Spiced Salmon

with CAULIFLOWER RICE Pilaf & Cucumber Raita



20-30min



2 Servings

| This recipe is customized with cauliflower rice.

## What we send

- 1 oz fresh ginger
- ¼ oz turmeric
- 12 oz cauliflower rice
- 2½ oz peas
- 1 cucumber
- 2 (1 oz) sour cream <sup>7</sup>
- 10 oz pkg salmon fillets <sup>4</sup>
- ¼ oz curry powder

## What you need

- neutral oil
- kosher salt & ground pepper
- garlic

## Tools

- large nonstick skillet

### Cooking tip

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### Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 580kcal, Fat 18g, Carbs 69g, Protein 34g



### 1. Prep ginger

Peel and finely chop **1 tablespoon ginger**.



### 2. Cook cauliflower rice

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **ginger** and **¼ teaspoon turmeric**; cook until fragrant, 30 seconds. Add **cauliflower rice** and stir to coat; cook, stirring, until crisp-tender, about 5 minutes. Add **peas**; cook, stirring, about 2 minutes. Season to taste with **salt** and **pepper**. Transfer to a bowl; cover until ready to serve. Wipe skillet.



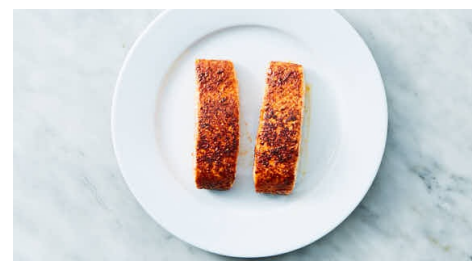
### 3. Make raita

Finely chop **½ teaspoon garlic**. Trim and peel **cucumber**, then halve lengthwise, scoop out seeds, and thinly slice into half-moons. Transfer to a plate; sprinkle with **salt**. Let stand for 5 minutes; pat dry with paper towels. In a small bowl, whisk together **chopped garlic**, **all of the sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



### 4. Season cod

Pat **cod** dry. Season all over with **salt and pepper** and **1 teaspoon curry powder**.



### 5. Cook cod




Heat **1 tablespoon oil** in same nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **cod** and cook, pressing gently, until lightly browned, 2-3 minutes. Flip cod and continue to cook until just cooked through, 2-3 minutes more.



### 6. Finish & serve

Serve **cod** with **cauliflower rice** and **raita** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**