**Salmon Curry** (serves 2)

**Ingredients:**
- 200g Atlantic Salmon, diced
- 200g butternut pumpkin
- 200g potatoes
- 200g sweet potato
- 1 onion chopped
- 1 tablespoon extra-virgin olive oil
- 200ml coconut milk
- ½ cup water
- 2 tablespoons Indian yellow curry paste (eg. Hogans fish curry paste)

**Method:**
1. Peel and chop pumpkin and potatoes into small cubes. Place in bowl in microwave with water (½ to 1 cup), cook for 7 minutes (until just tender). Remove and drain water from bowl.
2. Cook onion in large frying pan with 1 tablespoon of oil until tender. Add microwaved vegetables, curry paste, coconut milk and water. Simmer for 2—3 minutes.
3. Add salmon and simmer for 3 minutes or until just cooked through. Serve with rice or bread.

Preparation time: 15 mins  
Cooking time: 15 mins

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