



Tandoori Salmon

SALMON MARINATED IN LIME AND GINGER

INGREDIENTS

- ◆ 500g salmon, cut into 4cm cubes
- For the marinade*
- ◆ 8 garlic cloves, roughly chopped
- ◆ small bunch coriander leaves
- ◆ 4cm fresh root ginger, roughly chopped
- ◆ 8-10 curry leaves, roughly chopped
- ◆ 2 tbsp lime juice
- ◆ 1 tbsp grated lime zest
- ◆ 1 tbsp deghi mirch
- ◆ ½ tbsp garam masala
- ◆ ½ tbsp salt
- ◆ 50ml cold-pressed rapeseed oil
- ◆ 1 tbsp gram flour
- ◆ 100g hung yoghurt (see p6)

METHOD

- ◆ Use a pestle and mortar to make a fine paste with the oil, garlic, coriander, ginger, curry leaves, lime juice and zest, deghi mirch, garam masala and salt.
- ◆ Heat oil in a pan and add the gram flour, stirring to make a paste, and cook for about 1 minute without burning.
- ◆ Transfer the mixture to a bowl and combine the spice paste and yoghurt. Gently stir in the salmon and marinate for 1 hour.
- ◆ Pre-heat the oven to 200°C/gas mark 6. Spread out the marinated salmon in a baking dish. Cook for 10-15 minutes, basting once or twice during cooking.