



Salmon Tandoori

Lemon, chilli crumb

These lightly spiced salmon fillets are perfect for summer lunches in the garden and ideal for the BBQ. Serve with my Potato & Pickle Salad and French Bean Salad.

Serves 4 people

Ingredients:

8 salmon fillets, (approx. 1kg), skin removed

Marinade ingredients

2 tblsp sunflower oil

1 packet of GREEN SAFFRON Tandoori Spice Mix

4 cloves garlic, finely chopped

60g fresh ginger, finely grated or blitzed with skin on

250g natural, plain full fat yoghurt

4 tblsp pouring, double cream

3 tblsp tomato purée, rounded

Juice and zest of 1 lemon

Crumb

3 or 4 handfuls of fresh breadcrumbs

1 tblsp rapeseed oil

25g freshly grated parmesan cheese

1 red Bird's Eye chilli, finely diced (*optional*)

Zest of ½ lemon

Small handful fresh mint leaves, finely chopped

Method:

1. Preheat your oven to 200°C or Gas Mk 6.
2. In a bowl, combine all the marinade ingredients into a paste.
3. Coat each piece of fish all over with the marinade, shake off excess, place onto a baking tray and pop onto a middle shelf of the oven* and cook for 12 to 14 minutes.

You can cook these on a *BBQ also. Simply remove the griddle, carefully make a large divot or well amongst the charcoal, place the 4 pieces of fish on a doubled piece of foil and cook for about 5 to 8 minutes or until just cooked, depending on the heat of the BBQ. Repeat for the remaining 4 pieces.

4. In a small bowl mix the breadcrumb, oil, parmesan, chilli and pour into a fry pan tray, pop on a medium heat and gently fry to golden brown then remove from the heat
5. Add the zest and mint, stir to combine. Set aside
6. Place the fish fillets onto a serving platter, scatter with the crumb and serve.

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For handy hints and compliments contact us on:

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