

Tandoori Salmon

What you'll need:

Main ingredients	For the raita	For the tandoori spice mix
<ul style="list-style-type: none">• Salmon fillets• Iceberg lettuce• Cauliflower or broccoli rice	<ul style="list-style-type: none">• Greek yoghurt• Cucumber• Coriander• Mint• Lemon• Salt & Pepper	<ul style="list-style-type: none">• 3 tbsp ground cumin• 2 tbsp sweet paprika• 1½ tbsp garlic granules• 1 tbsp ground ginger• 2 tsp ground coriander• 2 tsp ground cardamom

Method:

1. Mix the spices and rub the mix all over the salmon and set aside. You might only use half, keep the remainder in a jar for another time
2. Make the Raita. In a bowl mix together; 3 or 4 dessertspoons of natural or Greek yoghurt, half a grated cucumber, a handful of chopped fresh mint (I used a tsp of mint sauce instead), juice of half a lemon and some salt and pepper
3. Time to gently pan fry the salmon fillets in a dash of olive oil and knob of butter. This takes about 8-10 minutes or when the salmon reaches 45-50 degrees
4. That's it, plate up and enjoy!

Serve with a side of cauliflower or broccoli rice

Notes & tips

40-45 degrees is the temperature at which salmon is cooked medium. Insert a food thermometer into the thickest part. If it's between 40-45 degrees, it can come off the heat and be left to rest.

inspired by a recipe from 'The Pioppi Diet' book written by Dr Aseem Malhotra and Donal O'Neill. Their recipe uses a pre-made spice mix, which I didn't have. So I went in search of a simple spice mix and came up with the one above created by Minimalist Baker. It's tasty and easy to make with just 6 store cupboard ingredients.

mint in the raita use fresh if you have it, if not use a tsp of dried - I used a tsp of mint sauce!

lettuce i couldn't get an iceberg lettuce so used baby gem to make the wraps instead. - works perfectly fine!