



# Tandoori Salmon

Our Tandoori Salmon is a delectable main course that's perfect for special occasions or weeknight dinners when you're craving bold flavours of tandoori seasoning. This recipe features salmon fillets coated in a vibrant blend of yogurt and aromatic spices, then grilled to perfection.

# Tandoori Salmon

This recipe is based on the traditional method of tandoor cooking where the chicken is marinated with spiced yogurt before grilling. We use the same method for Tandoori Salmon with excellent results.

- 1 Large Fillet of salmon
- 2 tbsp olive oil
- 3 cloves garlic (crushed)
- 1 tbsp ginger (grated)
- 2 tsp Monsoon Tandoori
- 2 tbsp lemon juice (fresh squeezed)
- 1 tsp salt (to taste)
- ¼ cup Yogurt (full fat plain)

## Garnish

- Lemon slices
- Herbs

1. Heat olive oil in a small fry pan over medium heat. Add ginger and garlic and cook for 1 minute until fragrant.
2. Add the Monsoon Tandoori. Stir to combine and cook another minute. Add

lemon juice and salt and take off heat.

3. When spice mixture is cool enough, mix with yoghurt in a bowl.
4. Using a sharp knife lightly score the salmon 2" apart about 1/2" deep.
5. Rub salmon thoroughly with the spice yoghurt mixture and right into the slits. let marinate at room temperature for 30 minutes.
6. Preheat oven to 425°F.
7. Roast salmon for 9 minutes. Check for doneness if meat flakes easily. If not done, return to oven and roast 2 more minutes and recheck. (Usually needs 10-12 minutes per inch of thickness)
8. Serve with a wedge of lemon, Rice or a garden fresh salad.
9. Also great served with our Kerala Chaunk Green beans.

## Main Course

### Indian & South Asian

### Fish

#### **Ingredients:**

1 large Fillet of salmon  
2 TBL olive oil  
3 cloves garlic, crushed  
1 TBL ginger, grated  
2 tsp Monsoon Tandoori  
2 TBL fresh squeezed lemon juice  
1 tsp salt, or to taste  
¼ cup full fat plain yogurt  
Lemon slices and herbs for garnish

**Spices Used:** Monsoon Tandoori

**4 Servings**

**Prep Time: 15 mins**

**Cook Time: 40-45 mins**

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