

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

Monsoon Tandoori

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.