

Tandoori Salmon

Calories: 37 kcal

Servings: 4

Time: 0 Mins

Ingredients

- 300.00 g Cauliflower (separated into florets)
- 5.00 g Coriander (fresh, roughly chopped)
- 100.00 g Cucumber (diced)
- 5.00 g Mint (leaves, roughly chopped)
- 360.00 g Salmon (Fillets)

Instructions

1. Preheat oven to 190°C degrees (375°F).
2. To make the dipping sauce, combine the yoghurt, ginger, garlic, paprika, garam masala, cumin, turmeric and a pinch of salt in a bowl. Stir well, then scoop out half and set aside. To the bowl, add the cucumber and half the herbs. Season with salt and pepper, stir and set aside.
3. To the remaining yoghurt mix, slowly add ½ cup of water, mixing well to make a marinade.
4. In a medium bowl, pour half the marinade over the cauliflower florets and toss to coat. Cut salmon into 4 equal portions and place in a medium bowl. Pour over the remaining marinade and turn to coat.
5. Spread cauliflower florets evenly over an oven tray and bake for 25 minutes. Make space amongst cauliflower for the salmon, or use a separate tray if need be. Add the salmon to the tray, skin side down. Bake for 8-10 minutes depending on rare you would like it.
6. Serve with cauliflower and salmon with a dollop of the cucumber sauce and the remaining cucumber and herbs scattered on top as a garnish.