



Tandoori Salmon with Roasted Broccoli and Yoghurt Cucumber Salad

A vibrant dish featuring salmon marinated in tandoori spices, then grilled or roasted to a perfect, smoky finish. It's paired with crisp roasted broccoli and a refreshing yoghurt cucumber salad, which adds a cool, tangy contrast to the bold flavors of the spiced salmon.

Nutritional Info

Calories: 366 kcal
Carbohydrates: 36 g
Protein: 28 g
Fat: 12 g

Ingredients

- Salmon Fillet
- Fresh Coriander
- Tenderstem Broccoli
- Garlic clove
- Cherry Tomato
- Mini Cucumber
- Mango Chutney
- Natural Yoghurt
- Basmati Rice
- Tandoori Masala Spices

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Fish (Salmon)
Milk (Yoghurt)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 180°C

2) Prepare the vegetables

Cut one cm off the dry end of the broccoli stalks. Cut the cherry tomatoes in half. Cut the cucumber in half length-ways. Use a spoon to scoop out the watery core and discard. Slice the remainder. Finely chop the coriander. Peel and crush the garlic.

3) Make the salad

Combine the cucumber, cherry tomato, coriander, and yoghurt in a bowl. Season with salt and pepper and add a small amount of the garlic to taste. Mix well.

4) Marinade the salmon

Mix the tandoori spice with the mango chutney and a tiny drop of water to make a paste. Pat the salmon dry with a paper towel. Then lay the salmon skin-side down on a plate. Use a knife to score the salmon, then rub the spice paste over the salmon. Lay each piece of salmon on its own large square of tin foil and fold the sides of the foil up and over the top of the salmon until it is completely enclosed, like a parcel.

5) Cook the rice

Rinse the uncooked rice in a sieve with cold water until the water runs clear. Place the rice, along with 120 ml of water per person portion into a saucepan with a small pinch of salt. Place the saucepan on high heat and bring to the boil. Boil for two minutes, then turn down the heat and cover the saucepan with a tight lid or tin foil. Cook for 12 minutes (do not lift the lid!). Remove from the heat and leave with the lid on for 5 minutes before fluffing up with a fork. While the rice cooks....

6) Roast the broccoli and salmon

Place the broccoli on a baking tray and drizzle with oil and season with salt and pepper. Use your hands to mix them so the oil and seasoning is evenly distributed. Make some space and lay the salmon parcel beside the broccoli on the tray. Place in the oven for 10-12 minutes and test the salmon. If it's cooked it should be coral coloured in the middle and flake easily.

7) Plate the dish

Serve the rice on plates then lay the salmon and broccoli alongside. Spoon the yoghurt salad to the side and serve.



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