



Active Education in Health & Wellbeing

Tandoori Spiced Salmon with Pilau Rice and Bombay Saag Aloo

INGREDIENTS

Fresh Salmon Fillets – 4
Natural Yoghurt – 4tbls
Curry Powder – 2tsp
Paprika – 1tsp
Lemon – 1
Easy Cooked Long Grain Rice – 200g (cooked weight)
Turmeric – 1tsp
Spinach Leaf – 100g
Cooked New Potatoes – 200g
Garlic clove – finely chopped
Fresh Ginger 1tblsp finely chopped
Small Onion – 1 (finely diced)
Red Pepper – 1 (large diced)
Vegetable Oil – 1tbls
Fresh Coriander – 20g

Method

1. In a large bowl place the yoghurt, 1 tsp curry powder, paprika and lemon juice stir and add the salmon fillets and thoroughly coat in the mix.
2. Heat half the oil in a wok and add the salmon, turn the heat down and gently cook for 10 minutes.
3. Cook the rice in a saucepan or heat through a steamer adding the turmeric
4. In a pan heat half the oil, add the garlic, ginger and onion, cook until soft, add the peppers cook for 1 minute, add the rest of the curry powder stir through the cooked potatoes and wilt through the fresh spinach and coriander.
5. To serve place the hot rice into a ramekin and turn out onto a plate . Place the Saag Aloo onto the plate and place the cooked salmon onto the Saag Aloo.

