



Tandoori Salmon

with Basmati Pilaf & Cucumber Raita



20-30min



2 Servings

This simple raita packs a big, flavor punch combining raw garlic with refreshing cucumber and sour cream. It makes a nice cool accompaniment for roasted tandoori-spiced salmon.

What we send

- 1 oz fresh ginger
- turmeric (use ¼ tsp)
- 5 oz basmati rice
- 5 oz peas
- garlic (use 1 medium clove)
- 1 cucumber
- 2 pkts sour cream ⁷
- 10 oz pkg salmon fillets ⁴
- tandoori spice blend (use 1 tsp)

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- small saucepan
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 36g, Carbs 65g, Proteins 38g



1. Prep ginger

Peel and finely chop **1 tablespoon ginger**.



2. Cook rice

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped ginger** and **¼ teaspoon turmeric**; cook until fragrant, 30 seconds. Add **rice** and stir to coat. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low, 15 minutes. Add **peas**; cook until rice is tender and water is absorbed, about 2 minutes. Keep covered until ready to serve.



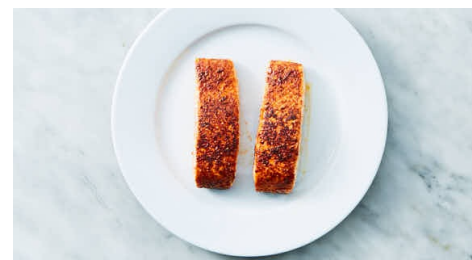
3. Make raita

Finely chop **½ teaspoon garlic**. Trim and peel **cucumber**, then halve lengthwise, scoop out seeds, and thinly slice into half-moons. Transfer to a plate; sprinkle with **salt**. Let stand for 5 minutes; pat dry with paper towels. In a small bowl, whisk together **chopped garlic**, **all of the sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



4. Season salmon

Pat **salmon** dry. Season all over with **salt**. Season flesh side only with **1 teaspoon of the tandoori spice** and **a few grinds of pepper**.



5. Cook salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **salmon**, skin sides down. Press each fillet firmly in place for 10 seconds, using back of spatula. Continue to cook, pressing gently, until skin is browned and very crisp, 4-5 minutes. Flip salmon; cook until just medium, 30-60 seconds more.



6. Serve

Fluff **rice** with a fork. Serve **tandoori salmon** with **rice** and **raita** alongside. Enjoy!