



Tandoori-Spiced Salmon

with Basmati Pilaf & Cucumber Raita



20-30min



2 Servings

We love the delicious contrast of warming spices with a cooling sauce. So we decided to pair raita, a traditional Indian yogurt sauce, with succulent tandoori-spiced salmon. Our raita combines refreshing cucumber with sour cream, for all the tanginess of the original, plus a little more richness.

What we send

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

What you need

- neutral oil, such as vegetable
- kosher salt & ground pepper

Tools

- small saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 620kcal, Fat 22g, Carbs 64g, Protein 38g



1. Prep ginger

Peel and finely chop **1 tablespoon ginger** (save rest for own use).



2. Cook rice pilaf

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped ginger** and **¼ teaspoon of the turmeric**; cook, stirring, until fragrant, about 30 seconds. Stir in **rice**. Add **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Cover and cook over low, 15 minutes. Add **peas** and cook until rice is tender and water is absorbed, about 2 minutes more. Cover to keep warm.



3. Make raita

Peel and finely chop **½ teaspoon garlic**. Trim **cucumbers** (peel if desired); halve lengthwise and thinly slice into half-moons. Transfer to a plate; sprinkle with salt. Let stand 5 minutes, then pat dry with paper towels. In a small bowl, whisk to combine garlic, **sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



4. Season salmon

Pat **salmon** very dry. Season all over with **½ teaspoon salt**. Season flesh side only with **1 teaspoon of the tandoori spice** and **a few grinds pepper**.



5. Sear salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **salmon**, skin-side down. Press down firmly on each fillet 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 seconds-1 minute.



6. Serve

Fluff **rice** with a fork. Serve **tandoori-spiced salmon** with **basmati pilaf** and **raita** alongside. Enjoy!