



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 oz sour cream ⁷
- 10 oz salmon fillets ⁴
- tandoori spice blend (use 1 tsp)

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 750kcal, Fat 36g, Carbs 65g, Protein 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.



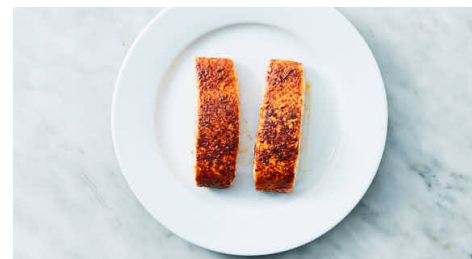
3. Make raita

Peel and 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 5 minutes, then pat dry with paper towels. In a small bowl, whisk together garlic, **sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



4. Season salmon

Pat **salmon flesh and skin** very dry. Season all over with **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 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!