

## Tandoori salmon with wild rice & raita

Serves 4



### Ingredients

500g Natural Greek Recipe Strained Yogurt  
80g Tandoori Paste  
4 salmon fillets  
240g basmati and wild rice  
1 bag ready-washed spinach  
½ tbsp cumin seeds (optional)  
1 small red onion, finely sliced, to garnish  
1 lime, squeeze of juice and the rest in wedges

### Method

1. Preheat the grill to medium-high (240°C). Mix 150g yogurt and the tandoori paste in a mixing bowl. Add the salmon fillets, coating them well. Meanwhile, simmer the rice in a pan of boiling water for about 20 minutes until cooked through, then drain.
2. Put the spinach in a colander and carefully pour over just-boiled water from the kettle to wilt. Refresh under cold running water and squeeze out the excess liquid, then roughly chop and pat dry with kitchen towel.
3. For the raita, dry-toast the cumin seeds in a frying pan until aromatic. Add to a bowl with the remaining 350g yogurt, the spinach and a pinch of salt, and stir to combine. In a separate bowl, toss the red onion with a squeeze of lime juice and a pinch of salt.
4. Put the salmon on a foil-lined tray (don't scrape off the marinade) and grill for 4 minutes on each side. Serve with the rice, raita and lime wedges, and garnish with the onion. I would add another green vegetable eg broccoli or green beans

Omega 3 rich, very simple