



TANDOORI SALMON

WITH FRAGRANT RICE AND CUCUMBER SALAD



SPECIALITY INGREDIENT



HELLO MINT

Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.



Natural Yoghurt



Tandoori Masala



Salmon Fillet



Basmati Rice



Nigella Seeds



Cashews



Lemon



Red Chilli



Mint



Cucumber

MEAL BAG

40 mins

1 of your 5 a day

As a huge fan of Indian food, chef Andre is the mastermind behind tonight's delicious yoghurt-marinated salmon recipe. When we asked him about the inspiration behind this recipe, here's what he said: "Using yoghurt as a marinade makes the tandoori spice mix spice warm rather than super spicy. When you grill something that's been marinated in yoghurt you get a lovely charred flavour which works particularly well with salmon!" Served with a zesty cucumber salad and basmati rice, this recipe is the perfect way to add a little bit of lowkey luxury to your menu.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan**, **Baking Tray**, some **Foil** and a **Fine Grater**. Now, let's get cooking!



1 MARINADE THE SALMON

Pop **one-quarter** of the **yoghurt** in a mixing bowl and stir in the **Tandoori masala** and a pinch of **salt** and **pepper**. Add the **salmon fillets** to the bowl and gently turn to coat well in the marinade. Cover and set aside in the fridge. **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and **nigella seeds**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **TIP:** The rice will finish cooking in its own steam.



3 TOAST THE CASHEWS

Meanwhile, heat a frying pan on high heat (no oil). Add the **cashews** and toast, tossing the pan occasionally, until golden brown. **TIP:** Watch them like a hawk as they can burn easily! When nicely toasted, remove the pan from the heat and pop the **cashews** in a small bowl. Preheat your grill to high and line a baking tray with a piece of lightly oiled foil.



4 MAKE THE SALAD

Zest the **lemon**. Halve the **chilli** lengthways, deseed and finely chop. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Trim the **cucumber** then quarter lengthways. Chop widthways into small chunks. Pop the **cucumber**, **half the mint** and **half the chilli** in another mixing bowl. Stir in the remaining **yoghurt**. Half the **lemon** and squeeze in some **lemon juice**. Season well with **salt** and **pepper**.



5 GRILL THE SALMON

Remove the **salmon** from the fridge and place skin-side up on the baking tray. **TIP:** You want to keep the marinade on the fish, so don't wipe it all off! Discard any marinade left in the bowl. Grill the **salmon** for 4-5 mins, then turn over and grill, skin-side down, for a further 4-5 mins. **TIP:** Watch carefully - a slight char is fine, but you don't want the fish to burn! **IMPORTANT:** The fish is cooked when opaque in the centre.



6 SERVE

Fluff the **rice** up with a fork and stir through the **lemon zest**. Stir **half** the **cashews** through the **cucumber salad**. Serve the **rice** topped with the **grilled Tandoori salmon** and a sprinkling of remaining **mint**, **chilli** (for those who like a kick), **cashews** and the remaining **lemon**, chopped into **wedges**. Serve the **salad** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Natural Yoghurt 7)	1 pouch	1½ pouches	2 pouches
Tandoori Masala	1 small pot:	¾ large pot:	1 large pot
Salmon Fillet 4)	2	3	4
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Nigella Seeds	1 small pot:	1 small pot:	1 large pot
Cashews 2)	1 small bag:	1 large bag	2 small bags
Lemon	½	¾	1
Red Chilli	½	¾	1
Mint	1 bunch	1 bunch	1 bunch
Cucumber	1	1½	2

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 501G	PER 100G
Energy (kcal)	640	128
(kJ)	2678	534
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	71	14
Sugars (g)	9	2
Protein (g)	38	8
Salt (g)	0.76	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 4) Fish 7) Milk

PAIR THIS MEAL WITH

A dry white like a Pinot Gris

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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