

# MARLEY SPOON



## Chargrilled Salmon

with Indian Spiced Pilaf



20-30min



4 Portions

Meet chaat masala - an Indian spice mix combining salty, spicy and sour flavours. Often used as a seasoning sprinkled on fruit and vegetables, here it adds fragrance to an easy basmati rice side dish to go with grilled salmon. Keep the remaining chaat and discover new ways to season roast potatoes or pumpkin, or scatter over steamed vegetables to elevate the ordinary into extraordinary.



## What we send

- 17
- 4
- 2 x 150g peas

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- butter <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- large deep frypan with lid
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Give the pale part of the leek a good rinse under running water to remove any hidden dirt.

## Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 710kcal, Fat 30.4g, Carbs 67.0g, Proteins 37.7g



1. Wash leek

**Read through the recipe.** Halve the **leek** lengthwise and thinly slice the pale stem, discarding any dark green stem or leaves (see cooking tip). Rinse the **rice** until the water runs clear.



2. Cook leek

Melt **40g butter** in a large deep frypan over medium heat. Cook the **leek**, stirring occasionally, for 6 mins or until softened. Season with **salt and pepper**.



3. Add rice

Add the **rice, turmeric** and **1 tbs chaat masala\*\***. Stir until the grains are coated.



4. Cook pilaf

Add **750ml (3 cups) boiling water** to the rice mixture and bring to the boil. Cover with a lid, reduce the heat to low and cook for 12 mins or until the rice is tender and the liquid is absorbed. Taste and season with salt and pepper.



5. Chargrill salmon

Meanwhile, bring a small saucepan of salted water to the boil. Heat a medium frypan or chargrill pan over high heat until hot. Drizzle the **salmon** with **1 tbs olive oil** and season with **salt and pepper**. Cook salmon for 3 mins each side until just cooked through or until cooked to your liking (cooking times may vary depending on the thickness of the fillets).



6. Boil peas

Cook the **peas** in the pan of boiling water for 2 mins, then drain. Stir the **peas** and **spinach** through the **pilaf**. Divide the **pilaf** and **salmon** among plates to serve.