

Tandoori Salmon

with Basmati Pilaf & Cucumber Raita



20-30min



4 Servings

This simple raita packs a big punch by combining raw garlic with refreshing cucumber and sour cream—the perfect accompaniment for rich, roasted tandoori-spiced salmon.

What we send

- garlic
- cucumbers
- basmati rice
- fresh ginger
- peas
- tandoori spice blend
- turmeric
- salmon fillets
- sour cream

What you need

- kosher salt & ground pepper

Tools

- nonstick skillet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 22g, Carbs 65g, Proteins 37g



1. Prep ginger

Peel and finely chop **2 tablespoons ginger**.



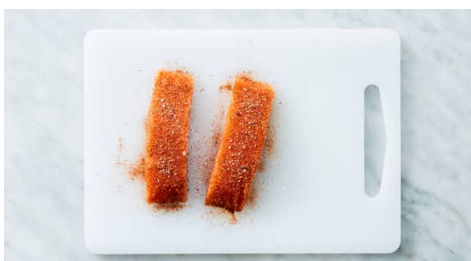
2. Cook rice

Heat **2 tablespoons oil** in a medium saucepan over medium-high. Add **chopped ginger** and **½ teaspoon turmeric**; cook until fragrant, 30 seconds. Add **rice** and stir to coat. Add **2 cups water** and **1 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 more. Cover to keep warm.



3. Prep raita

Peel and finely chop **1 teaspoon garlic**. Trim ends from **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 together garlic, **sour cream**, and **4 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 **¾ teaspoon salt**. Season flesh side only with **2 teaspoons of the tandoori spice** and **a few grinds of pepper**.



5. Sear salmon

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **salmon**, skin-side 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 seconds-1 minute.



6. Serve

Fluff **rice** with a fork. Serve **salmon** with **rice** and **raita** alongside. Enjoy!