

OUR RECIPE

One -Pan Tikka Salmon with Jewelled Rice

INGREDIENTS

- 3 tbsp tikka curry paste
- 150ml pot of natural low-fat yoghurt
- 3 salmon fillets, skinned
- 2 tsp olive oil
- 1 large red onion, chopped
- 1 tsp turmeric
- 50g soft dried apricots
- 200g brown basmati rice
- 100g pack pomegranate seeds
- Small pack coriander, leaves picked



METHOD

1. Combine 1 tbsp of the curry paste with 2 tbsp yoghurt.
2. Season the salmon and smear the yoghurt paste all over the fillets, then set aside.
3. Heat the oil in a large pan (with a lid) and add the onion.
4. Boil the kettle.
5. Cook the onion for 5 minutes to soften, and stir in the remaining curry paste.
6. Add the turmeric, apricots and rice.
7. Season well and give everything a good stir.
8. Pour 800ml water from the kettle.
9. Bring to a boil and simmer for 15 minutes.
10. Cover with a lid, lower the heat to a gentle simmer and cook for 15 minutes more.
11. Uncover the rice and give it a good stir.
12. Put the salmon fillets on top of the rice and re-cover the pan.
13. Turn the heat to its lowest setting and leave undisturbed for 15-20 minutes more until the salmon and rice are perfectly cooked.
14. Scatter over the pomegranate seeds and coriander, and serve with the yoghurt.