



SALMON PARCELS

A salmon with subtle tandoori flavours and a bright tomato salsa on top. This quick and easy recipe can be a weeknight meal or an impressive main when entertaining.



NORMAL



15 MINUTES



10 MINUTES



2 SERVES

Ingredients

- ½ cup greek plain yoghurt
- 2 garlic cloves, grated
- 1 ½ tsp ginger, grated
- 1 ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp paprika
- ¼ tsp chilli powder
- 2 salmon fillets (150g each), skin off
- 2 tomatoes, deseeded and finely diced
- ½ small red onion, finely diced
- 1 lime, juiced
- Handful fresh coriander, chopped
- 2-4 flatbreads

Instructions

1. Combine the yoghurt, garlic, ginger, cumin, coriander, paprika and chilli in a bowl. Season well with salt and pepper. Add salmon fillets and turn to coat. Let it marinate in the fridge for 20-30 minutes.
2. While the fish is marinating, prepare the garnish by combining the tomatoes, red onion, lime juice and coriander in a bowl. Season with salt, mix well and set aside until ready to use.
3. Preheat the oven to 200°C. Place a sheet of baking paper on top of aluminium foil. Place a piece of the salmon in the middle of each sheet, drizzle olive oil on top then bring together both sides of the sheet and fold the top to seal, then fold in the sides making sure the parcels are well sealed. Repeat for the second fish.
4. Place parcels on a baking tray in the oven for 8-10 minutes depending on the thickness of your fish. If you prefer it well done, then leave it in the oven for a further 2-3 minutes.
5. To serve, open the parcels and spoon the tomato garnish on top of the fish. Drizzle with a bit of extra olive oil and serve with a side of flatbreads.