

Recipe of the Week

Salmon Tikka with Cucumber Yoghurt



- 1 Fresh Red Chilli
- 1/2 Cucumber
- 1 Lemon
- 4 Tbsp Natural Yoghurt
- Freshly Ground Salt & Pepper
- A Few Sprigs Fresh Coriander
- 2 x 200g Salmon Filletsó
- Skin on, Scaled, Pin-boned
- 1 Tbsp Pataks Tandoori Curry Paste
- Olive Oil

Halve, deseed and finely chop your chilli. Peel and halve your cucumber lengthways, then use a spoon to scoop out and discard the seeds. Roughly chop the cucumber and put most of it in a bowl. Squeeze the juice from half the lemon and add to cucumber with yoghurt, salt & pepper and half the chopped chilli.

Slice each salmon fillet lengthways into three 1.5cm wide slices. Using a pastry brush, brush salmon with tandoori paste.

Heat oil in a large pan over high heat, cook salmon for 1 1/2 minutes on each side or until just cooked through.

To Serve:

Serve salmon on 1 slice of heated naan bread. Top each one with a good dollop of cucumber yoghurt, scatter over a little of reserved cucumber, chilli and coriander leaves and finish with a squeeze of lemon juice