

Tikka Salmon
RECIPE

Tikka Salmon



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TIME

25 mins

INGREDIENTS

9 items

MAKES

2 servings

Marinated salmon pieces with a hit of spice accompanied with a cooling yoghurt. The dish is great if you love Tikka.

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INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 2tbsp Sunflower Oil

- 2 Salmon Fillets, cut into bite size pieces
- 1tbsp Tikka Curry Paste
- 100g Baby Spinach, washed
- 4tbsp Natural Yoghurt
- 50g Cucumber, grated
- 1 Lemon, halved
- Handful of Fresh Coriander, chopped

INSTRUCTION

- 1
Add the salmon to a bowl with the curry paste, mix to thoroughly coat the fish. Set aside. Prepare the yoghurt dip by mixing the yoghurt with the cucumber, juice of half a lemon, 1tbsp of chopped coriander and some salt and pepper.
- 2
Heat 1tbsp oil in a frying pan over a medium to high heat. Add the salmon to the pan and cook for around 2 minutes on each side or until cooked through.
- 3
Add the remaining oil into another pan on a medium heat and stir fry the spinach for 3-4 minutes or until starting to wilt. Break up the Ben's Original™ rice and add to the pan. Fry for 2 minutes until heated through.
- 4
Serve the dish by placing the spinach and rice mixture on a plate and top it with the tikka salmon. Cut the remaining lemon into wedges and add onto the side of the plate along with a dollop of yoghurt dressing.

NUTRITION

Amount Per Serving

- Energy (kcal) 815.42
- Dietary Fibre (g) 17.34
- Protein (g) 25.53
- Saturated Fat (g) 5.28
- Sodium (mg) 1625.28
- Total Carbohydrate (g) 119.91
- Total Fat (g) 21.44
- Total Sugar (g) 15.93
- Energy (kj) 3409.29
- Added Sugar (g) 1.63

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Cooking time

40 mins

Ingredients

17 items

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Cooking time

185 mins

Ingredients

8 items

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Cooking time

35 mins

Ingredients

11 items

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