



### Product Spotlight: Island Curries

Based in Tasmania, Island Curries make quality curry pastes using the best ingredients. Their products are full of flavour, gluten and allergen-free, with no added preservatives.

This tandoori paste is mild and family-friendly, making it a great flavour base for this meal.



## Tandoori Salmon Bowl

Flaky tandoori-spiced salmon meets fluffy basmati rice, cool yoghurt, tangy pickled shallot, and crisp summer veggies for a vibrant, fresh take on a classic Indian-inspired bowl.



30 minutes



Fish



2 servings

### Switch it up!

*For a hands-off option, bake salmon in the oven at 200°C for 10–12 minutes or in an air-fry at 200°C for 8–10 minutes.*

*Alternatively, BBQ the salmon for a smoky, charred flavour that pairs beautifully with the tandoori spice.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	27g	76g

## FROM YOUR BOX

BASMATI RICE	150g
SHALLOT	1
LIME	1
CORIANDER	1 packet
GREEK YOGHURT	1 tub
LEBANESE CUCUMBER	1
RED CAPSICUM	1
SALMON FILLETS	1 packet
TANDOORI PASTE	1 sachet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Want more? You can add diced avocado, cashew nuts and some fresh chilli to serve.



Scan the QR code to  
submit a Google review!



### 1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside and drain before serving.



### 3. MIX THE YOGHURT

Zest **lime** (reserve remaining lime). Finely chop **coriander stems** (reserve leaves). Add to a bowl along with **yoghurt**, **salt** and **pepper**. Mix to combine.



### 4. PREPARE THE TOPPINGS

Wedge remaining **lime**, crescent **cucumber** and dice **capsicum**. Set aside with reserved **coriander leaves**.



### 5. COOK THE SALMON

Coat **salmon** with **tandoori paste** and season with **salt**. Heat a frypan over medium-high heat with **oil**. Add **salmon** and cook for 2–4 minutes each side until cooked to your liking.



### 6. FINISH AND SERVE

Divide **rice** among bowls. Add **toppings**, **salmon** and **pickled shallot**. Dollop on **yoghurt** and serve with **lime wedges** (see notes).

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.  
Something not right? Text us on **0448 042 515** or email **hello@dinnertwist.com.au**

