



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



4/6 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
37g/42g	23g/28g	73g/75g	
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
SHALLOT	1	1
LIME	1	2
CORIANDER	1 packet	2 packets
GREEK YOGHURT	1 tub	2 tubs
LEBANESE CUCUMBERS	2	3
RED CAPSICUM	1	2
SALMON FILLETS	2 packets	3 packets
TANDOORI PASTE	1 sachet	2 sachets

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.



1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml 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.

6P – cover rice with 900ml water.



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**, **2 tsp water**, **salt** and **pepper**. Mix to combine.

6P – add zest from 2 limes, coriander stems, yoghurt, salt and pepper.



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).



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