

Curtis Stone's spiced salmon with yoghurt-herb sauce

This spiced salmon recipe makes for an easy main when entertaining. Served with a lemon yoghurt sauce, it's full of bold flavours that will satisfy your guests.

- Serves 8
- Cooktime 15 mins 15 minutes
- Prep time 15 mins

Ingredients

- 2 tsp each ground coriander and ground cumin
- 8 Coles Tasmanian Salmon Skin-On Portions
- 2 tbs extra virgin olive oil, divided
- 3 bunches baby broccoli (about 600g total), thick ends of stems trimmed
- 1 cup (280g) Greek-style yoghurt
- 1 lemon, rind finely grated, juiced
- 2 tbs finely chopped dill
- 2 tbs sesame seeds, toasted
- 1/2 cup each coriander and dill sprigs

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Position racks in centre and bottom of oven and preheat oven to 250°C (230°C fan-forced). Place 2 large heavy non-stick baking trays in oven to heat.

2. Step 2

In a small bowl, mix the ground coriander, cumin, 1½ tsp sea salt flakes and 1 tsp freshly ground black pepper. Coat salmon with 1 tbs oil and season all over with spice mixture.

3. Step 3

In a large bowl, toss the baby broccoli with the remaining 1 tbs oil and season with salt and pepper.

4. Step 4

Remove preheated trays from oven. Place salmon, skin-side down, on trays. Scatter baby broccoli around salmon. Roast, rotating trays halfway through cooking, for 12-14 mins or until salmon is cooked through with a rosy centre.

5. Step 5

While salmon cooks, in a small bowl, whisk yoghurt, lemon rind, 1 tbs lemon juice and chopped dill. Season with salt and pepper. Transfer salmon and baby broccoli to a large platter. Spoon over yoghurt sauce and sprinkle with sesame seeds, coriander sprigs and dill sprigs.