

quick salmon tikka with cucumber yoghurt (17 minutes)

main courses | serves 2

I love this dish. If you're a fan of chicken tikka masala, give this one a go. You might think it odd to use robust spice pastes on fish, but it's very common in southern India. When buying your fish, ask the fishmonger to scale it for you. You'll be amazed at how quickly these cook.

- Preheat your oven to 110°C/225°F/gas ¼
- Pop your naan breads into the oven to warm through
- 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 into a bowl
- Halve your lemon and squeeze the juice from one half into the bowl
- Add the yoghurt, a pinch of salt and pepper and half the chopped chilli
- Pick the coriander leaves and put to one side
- Slice each salmon fillet across lengthways into three 1.5cm wide slices
- Spoon the heaped tablespoon of tandoori paste into a small dish, then use a pastry brush or the back of a spoon to smear the tandoori paste all over each piece (don't dip your pastry brush into the jar!)
- Heat a large frying pan over a high heat
- Once hot, add a lug of olive oil, put the salmon into the pan and cook for about 1½ minutes on each side, until cooked through
- Place a warmed naan bread on each plate
- Top each one with a good dollop of cucumber yoghurt and 3 pieces of salmon
- Scatter over a little of the reserved cucumber, chilli and coriander leaves and finish with a squeeze of lemon juice



- from [Jamie's Ministry of Food](#)