



© David Loftus

quick salmon tikka with cucumber yoghurt (17 minutes)

method

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 [fish](#) monger 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!)

serves: 2

ingredients

- 2 naan [breads](#)
- 1 fresh red chilli
- ½ a cucumber
- 1 lemon
- 4 tablespoons natural yoghurt
- sea salt and freshly ground black pepper
- a few sprigs of fresh coriander
- 2 x 200g salmon fillets, skin on, scaled and bones removed
- 1 heaped tablespoon Patak's tandoori curry paste
- olive oil

- 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](#)



[Visit the Jamie Oliver Patak's page](#)