

Tandoori-style Salmon With Spiced ' Roasted Sweet Potatoes, Tomatoes & Red Onion



Ingredients

- 3 cloves of garlic, grated
- 4cm fresh ginger, grated
- 75g natural yogurt
- 1 lemon, zest only

- 2 scant teaspoons ground cumin
- 1 scant teaspoon ground turmeric
- 1 teaspoon smoked paprika
- 1/2 teaspoon mild chili powder
- A large pinch of sea salt flakes
- 4 salmon fillets
- Natural yogurt, to serve

For the Sweet Potatoes

- 650g sweet potatoes, peeled and cut into 1cm cubes
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon sea salt flakes
- 400g cherry tomatoes on the vine
- 1 red onion, roughly sliced

Method

1. This is my all-in-one dinner version of my sister Padmini's tandoori salmon, one of our favourite weeknight dinners when we were flatmates. It works beautifully with the lightly spiced sweet potato and tomatoes, just make sure you use one or two tins big enough to get all the sweet potatoes in a single layer, and cut the sweet potatoes into very small pieces so they cook in 30 minutes.
2. Mix the garlic, ginger, yogurt, lemon zest, spices and salt together and gently turn the salmon fillets over in this mixture. (This can be marinated in the fridge if you are preparing this ahead.)
3. When ready to cook, preheat the oven to 210°C fan/230°C/gas 8. Tip the cubed sweet potatoes into a roasting tin large enough to hold everything in a single layer, mix them with the oil, cumin and salt, then transfer to the oven and roast for 10 minutes.
4. Once the sweet potatoes have had 10 minutes, tip the cherry tomatoes, their vines and the sliced onion into the tin, and mix well. Use a wooden spoon to make 4 spaces for the salmon fillets and gently pop them into the tin. Reduce the oven temperature to 180°C fan/200°C/gas 6, then return the tin to the oven for a final 20 minutes.
5. Serve the salmon and vegetables with the natural yogurt alongside.

Notes

- **MAKE IT VEGGIE:** Leave out the fish. Tear up large chunks of shop-bought paneer into roughly 5cm pieces, marinating them as above, and stir through some lime-dressed chopped spinach at the end.

Source

The Quick Roasting Tin - Rukmini Iyer

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