

Tandoori Fish

The aim of this dish is to be quick as well as tasty, so we’ve used a bought tandoori paste. Serve this fish alongside one of our vege or salad accompaniments (pages 158–187). Two side dishes that complement the beautiful flavours of the fish particularly well are the Aromatic Roasted Cauli Florets (page 171) and the Spiced Roast Pumpkin & Cashews (page 180).

Serves	4	Per serve	
Prep time	5 minutes	Carbs	2.8 g
Cook time	10 minutes	Protein	27.7 g
Difficulty	● ● ●	Fat	5.2 g
		Energy	168 Cal

INGREDIENTS

¼ cup tandoori paste
2 tbsp plain yoghurt or cream
zest and juice of 1 lime
500 g skinless, boneless
white fish fillets

To serve:
small handful of chopped
coriander

METHOD

Pre-heat the oven to 200°C fan (220°C regular). Line an oven tray with baking paper.

Mix the tandoori paste, yoghurt or cream, and lime zest and juice together. Place the fish on the lined tray and evenly spread the tandoori mix over the top of the fish.

Bake for 4–6 minutes for white fish, or 5–8 minutes for plump salmon (for a blush-pink degree of cooking – cook the salmon for up to 10 minutes if you prefer it well done).

While the fish is cooking, make your side salad or vegetable accompaniment.

Serve the fish on plates, sprinkled liberally with coriander. Place the salad or vegetables alongside the fish.

