INDIAN · DINNER · LUNCH

Tandoori Salmon with Mint Mayo Chutney

30 min · plus 2 hours marinating · Serves 4 · 408 kcal a serve

Video 6:29 · Sanjeev Kapoor Khazana

Pescatarian · Gluten-free ingredients · No nuts listed

Salmon in a spiced yoghurt marinade, grilled with butter: about 24 g protein and under 5 g net carbs a serve, 71% of the energy from fat, and rich in omega-3 fats, vitamin B12, selenium and vitamin D.

Diet notes: Keto (4.5 g net carbs a serve).

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Ingredients 16 · SERVES 4

- [ ] 400 g **salmon fillets**, cut into thick slabs
- [ ] 250 g **hung yoghurt** (hung curd)
- [ ] 3 tsp **degi red chilli powder**, plus a pinch to sprinkle
- [ ] 1 tbsp **ginger-garlic paste**
- [ ] **salt**, to taste
- [ ] 1 tsp **garam masala powder**
- [ ] 1 tsp **dried fenugreek leaf powder** (kasuri methi)
- [ ] 1 tbsp **mustard oil**
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] 3 **cloves**, for smoking on the hot coal (not eaten)
- [ ] 1 tsp **ghee**, drizzled on the hot coal for smoke (not eaten)
- [ ] 1 tsp **vegetable oil**, for the grill pan
- [ ] 1 tbsp **butter**, for basting
- [ ] **mint mayonnaise chutney**, about 1 tbsp brushed on each plate
- [ ] 1–2 **lollo rosso lettuce leaves**
- [ ] a few **mini onion rings**, mustard cress and a lemon slice, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg, Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the hung yoghurt with the chilli powder, ginger-garlic paste, salt, garam masala, kasuri methi, mustard oil and lemon juice into a thick marinade. 0:37
2. Cut the salmon fillets in half, coat them well on both sides and refrigerate for 2 hours. 1:54
3. For a smoky tandoor flavour, set the fish around the edge of a plate with a small steel bowl in the middle. Put a red-hot piece of charcoal in the bowl, add the cloves and drizzle the ghee over it, then cover for 2 minutes and remove the bowl. 2:41
4. Heat a grill pan with the oil and butter. Cook the salmon 2–3 minutes a side, tilting the pan to baste it with the butter, until golden with grill marks (or bake at 200 °C for 7–8 minutes). 3:58
5. Brush a spoonful of mint mayo chutney across each plate, add a lettuce leaf and the salmon, and garnish with cress, a lemon slice, onion rings and a pinch of chilli powder. 5:05

> **Tip** No charcoal for smoking? The fish still gets good colour in a hot grill pan or a 200 °C oven. The mint mayo chutney is mint chutney made with mayonnaise; the cook adds tarragon too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
408 kcal 1,710 kJ	24 g 48% of a day	5.6 g 4.5 g net · 2.8 g sugars 2% of a day

FIBRE	FAT	SODIUM
1.1 g 4% of a day	32 g 8.4 g saturated 41% of a day	560 mg 24% of a day

Energy from net carbs 4% · protein 24% · fat 72% — fits keto: 4.5 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Omega-3 202% · Vitamin B12 115% · Selenium 73% · Vitamin D 44% · Vitamin B6 36% · Vitamin E 28% · Vitamin K 26%

Source of (10–19%) Vitamin A 17% · Potassium 10% · Folate 10%

Recipe and video: Sanjeev Kapoor Khazana (@sanjeevkapoorkhazana) on YouTube — youtube.com/watch?v=4h4A2kL77Ew, published 28 November 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tandoori-salmon-mint-mayo