

Method:

Preheat the oven to 200°C (180° fan-forced) and line a large baking tray with baking paper

In a large bowl whisk together the tandoori paste, lemon zest and juice until well combined. Carefully coat the Salmon fillet in the paste, and place prepared Salmon fillet in the baking tray. Add the asparagus, mushrooms and potato slices (if using) into the bowl with the remaining paste, and toss ingredients coating thoroughly. Once coated, place the vegetables around the Salmon fillets in the lined baking tray. Lightly spray everything with olive oil.

Place on the middle shelf in your pre heated oven and bake for 10 minutes, Add then peas and slithered almonds and continue baking for a further 8-10 minutes,

Remove the tray from the oven (carefully), divide portions onto 4 plates and garnish with fresh mint leaves and lemon wedges. Season with Salt and Pepper to taste.



Tandoori Salmon Tray Bake

Ingredients:

- 2 Tbs of Tandoori Paste
- 2 Large Lemons; one cut into wedges for serving and one juiced and zested.
- 4 x 150gm skinless, boneless Salmon fillets.
- 2 bunches of fresh asparagus spears, trimmed
- 600gms cup mushrooms, halved
- 1 cup fresh or frozen baby peas
- 2 medium potatoes, sliced (optional)
- Olive Oil spray, for cooking
- 1/2 bunch fresh mint leaves
- 40gm flaked almonds
- Salt and white pepper – to taste

