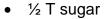
# Tandoori Salmon with Fresh Peach Chutney and Minted Yogurt Sauce

Serves 2-3



- 1 clove garlic, finely chopped
- 2-3 salmon steaks, about 3.8-cm thick > Salmon
- ½ T garam masala
- Salt



- 30 ml rice vinegar
- 2 medium peaches, peeled and cut into 6-mm dice

• 1 T finely grated fresh ginger

• ½ tsp honey

- ½ tsp finely chopped fresh mint
- Pinch of ground cumin
- Pinch of ground turmeric
- 140 g plain low-fat yogurt
- Salt and freshly ground pepper

Peach chutney

## Prepare salmon:

1. In a bowl, combine the **olive oil** and the chopped **garlic**. Rub the mixture all over the salmon. Sprinkle with ground **garam masala** and season lightly with **salt**. Cover and refrigerate for up to 2 hours.

Yogurt sauce

- 2. Dissolve the **sugar** in the **vinegar**, stirring over moderately high heat. Bring to boil and cook 1 minute.
- 3. Stir in the **peaches** and **ginger** and return to a boil. Reduce the heat and simmer, stirring, until the fruit is softened, about 5 minutes. Transfer to a bowl.

### Yogurt sauce:

- 4. In a small bowl, combine the honey, mint, cumin and turmeric.
- 5. Whisk in the **yogurt** until blended, season with **salt** and **pepper**, cover and refrigerate.

# Preheat over:

- 6. Bake **salmon** steaks until just cooked through. Transfer each of the salmon steaks to a warmed plate.
- 7. Serve this with steamed Basmati or brown rice.