

## Tandoori Salmon with Fresh Peach Chutney and Minted Yogurt Sauce

Serves 2-3

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

Salmon



- ½ T sugar
- 30 ml rice vinegar
- 2 medium peaches, peeled and cut into 6-mm dice
- 1 T finely grated fresh ginger

Peach chutney

- 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

Yogurt sauce

### 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.
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.