

Salt and Serenity

Spiced Salmon with Pomegranate Raita

Serves 4

Salmon:

1 tablespoon garam masala
2 teaspoons smoked paprika
2 teaspoons ground cumin
2 teaspoons honey
1 Tablespoon lemon juice
2 Tablespoons olive oil
1½ pounds salmon fillets (four 6-ounce fillets)
1½ teaspoons kosher salt
½ teaspoon black pepper
1 lemon, thinly sliced

Pomegranate Raita:

½ cup plain yogurt
1 Tablespoon pomegranate juice
1 teaspoon lemon juice
½ teaspoon honey
¼ cup loosely packed cilantro leaves, coarsely chopped
¼ cup loosely packed mint leaves, coarsely chopped
¼ teaspoon kosher salt
¼ cup pomegranate seeds

Garnish:

¼ cup loosely packed cilantro leaves, coarsely chopped
¼ cup loosely packed mint leaves, coarsely chopped
¼ cup pomegranate seeds

1. Preheat oven to 350°F. Place salmon fillets on a parchment lined baking sheet.
2. In a small bowl, mix together garam masala, smoked paprika, cumin, honey, lemon juice and olive oil to make a paste. Spread paste on one side of salmon. Season with salt and pepper. Scatter lemon slices around fish.
3. Roast for 10-12 minutes in oven, until just done.
4. While salmon is roasting, mix together yogurt, pomegranate juice, lemon juice, honey, cilantro, mint and salt. Transfer to a small serving bowl. Scatter pomegranate seeds on top of raita.
5. Garnish salmon with cilantro, mint and pomegranate seeds. Serve with raita on the side.

