



TANDOORI SALMON

Main fish dish: this recipe provides a portion of oily fish, which is required once every three weeks as part of lunch provision.

Recipe adapted from: St Anne's Academy, Manchester.

Ingredients

4.5kg salmon, skinned, boned, sliced into portions.
2.2L low-fat natural yoghurt
5g (1½ tsp) ground ginger
5g (1½ tsp) ground coriander
5g (1½ tsp) ground cumin
5g (1½ tsp) paprika
5g (1½ tsp) turmeric
5g (1½ tsp) cayenne pepper
3g (1tsp) cinnamon

Method

1. Mix all the marinade ingredients together and thoroughly coat the salmon pieces, allow to marinade for at least 3 hours.
2. Preheat the oven to 220°C/425°F/gas mark 7.
3. Place salmon portions on a tray and roast for 8 minutes.

Serving suggestion: with savoury rice and Kachumber salad (see separate recipes from St Anne's Academy).



Number of portions this recipe makes:

65 primary servings (99g)
47 secondary servings (137g)



Prep: 5 minutes (plus 3hrs to marinade)
Cook: 8 minutes



Allergy information:

Fish, milk



Top Tips

Swap salmon for chicken or pork.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats.