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
- 3g (1 tsp) cayenne pepper
- 3g (1 tsp) 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.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The What Works Well website brings together the best ideas in school food & food education
http://www.schoolfoodplan.com/ww