



One-pan tikka salmon with jewelled rice



Prep: 10 mins
Cook: 45 mins



Easy



Serves 3



Ingredients

3 tbsp tikka curry paste

150ml pot natural low-fat yogurt

3 salmon fillets, skinned

2 tsp olive oil

1 large red onion, chopped

1 tsp turmeric

50g soft dried apricots, chopped

200g brown basmati rice

100g pack pomegranate seeds

small pack coriander, leaves picked

Method

Step 1 Combine 1 tbsp of the curry paste with 2 tbsp yogurt. Season the salmon and smear the yogurt paste all over the fillets, then set aside.

Step 2 Heat the oil in a large pan (with a lid) and add the onion. Boil the kettle. Cook the onion for 5 mins to soften, and stir in the remaining curry paste then cook for 1 min more. Add the turmeric, apricots and rice, season well and give everything a good stir. Pour in 800ml water from the kettle. Bring to a boil, and simmer for 15 mins. Cover with a lid, lower the heat to a gentle simmer and cook for 15 mins more.

Step 3 Uncover the rice and give it a good stir. Put the salmon fillets on top of the rice and re-cover the pan. Turn the heat to its lowest setting and leave undisturbed for 15-20 mins more until the salmon and rice are perfectly cooked. Scatter over the pomegranate seeds and coriander, and serve with the yogurt.