

# Bengali Salmon Parcels

*Turmeric and mustard – classic Bengali flavours with succulent, flaky salmon make this dish truly irresistible*

---

Prep time – 15 minutes  
Cooking time – 10 minutes  
Serves 4

## Ingredients:

4 skinless salmon fillets, 1tsp cumin powder, 1 tsp turmeric, 1tbsp wholegrain mustard, 1 inch piece of root ginger, peeled and sliced, 1 garlic clove, peeled, handful of fresh coriander, 2 green chillies finely chopped, 1 cup of yoghurt, salt to taste

## Method:

Rub the salmon with cumin, turmeric, mustard and some salt and set aside. In a blender, whiz together the yoghurt, ginger, garlic, coriander and most of the green chillies. Reserve some for the garnish.

Preheat the oven to 200 degrees. Coat the salmon in the yoghurt marinade on all sides. Wrap the fillets in foil, without packing them in tightly. Cook for 8-9 minutes. Sprinkle with the remaining chopped green chillies to serve.