

## **Spiced salmon with coriander mash**

### **Ingredients**

1kg potatoes  
10ml (2 tsp) tikka or tandoori paste  
200g tub Greek yogurt  
4 Salmon fillets  
25g Butter  
½ tsp dried chilli flakes  
1 pack fresh coriander, chopped  
60ml (4 tbsp) milk  
4 tomatoes, halved

### **Equipment**

White tray  
Vegetable peeler  
Chopping board  
Vegetable knife  
Large saucepan  
Colander  
Large plastic bowl  
Tablespoon  
Small roasting tin  
Scissors  
Small plastic bowl  
Large mixing bowl  
Potato masher

**Remember a container to take it home in**

### **Method**

1. Peel and cut the potatoes into chunks
2. Boil the potatoes in a large saucepan for about 12 minutes until tender
3. Turn on the grill. Stir the spice paste into 4 tbsp of the yogurt and smear the mixture all over the salmon. Put the salmon in a small roasting tin, skin side up, and grill for 10 minutes. Add the tomatoes after 5 minutes
4. Drain the potatoes and put in a large mixing bowl. Add the remaining yogurt with the butter, chilli flakes, coriander and milk. Now mash the ingredients together, adding extra milk if necessary
5. Pile on plates, top with the salmon and drizzle with the cooking juices. Serve with grilled tomatoes.