

INDIAN SPICED SALMON & PRAWN JALFREZI

Authentic Indian spiced salmon and prawns pan-fried in a Jalfrezi curry sauce.



PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
4

Ingredients

- 400g fresh salmon, cut into bitesize chunks
- 200g raw prawns, peeled
- 2 tsp of ground cumin
- 2 tsp of ground coriander
- 2 garlic cloves, chopped
- 10g fresh ginger, finely chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 500g [Blenders Jalfrezi Sauce](#)
- 10g fresh coriander leaves
- 280g basmati rice, cooked

Allergens

Contains Shellfish, Fish

Method

1. Cut the Salmon into bitesize pieces.
2. In a small bowl combine the coriander, cumin, garlic and ginger. Sprinkle over the salmon and allow to marinade for an hour.
3. Heat a frying pan with a little oil and fry the salmon pieces for 3 minutes. Remove from the pan and set aside.
4. In the same pan fry the prawns for 2 to 3 minutes, remove and set aside.
5. Add the red and green peppers to the pan and cook on a medium heat for 2 to 3 minutes.
6. Add the [Jalfrezi Sauce](#), reduce the heat to low and gently heat the sauce for about 5 minutes. Add the salmon and prawns to the sauce and heat for a further 5 minutes.
7. Serve on a bed of basmati rice and garnish with the coriander leaves before serving.