

# Masala Pan-fried Salmon

This is a quick and easy recipe and you can go from raw to dinner on your plate in 10 minutes, it's a great option for a healthy and quick home-cooked meal. Enjoy it with a salad or blanched vegetables.

## Ingredients

- 12 oz Salmon fillet (2 pieces)
- 1 tbsp Olive Oil
- 1/2 tsp Coriander Powder
- 1/2 tsp Garam Masala
- 1/4 tsp Sea Salt



## Preparation

- Pour the oil into a bowl and add the salt and spices and mix well to make a paste.
- Make 3-4 shallow cuts on the filets and rub the paste on the filets well pushing some into the cuts as well.

## Cooking

- Pour some oil into a pan on medium heat.
- When the pan is hot place the fillet on the pan skin down.
- Let it cook in the pan for 4-5 minutes until 2/3 of the salmon is cooked.
- You can tell by the change in colour the pink of the raw salmon changes to a white.
- When 2/3 of the salmon is cooked, turn it over using a fish turner and cook for another 1-2 minutes until it is fully cooked which is when you don't see any pink anymore.
- Turn it back around onto the skin side and turn off the heat. Let it stand for a minute and serve.



Enjoy and curry on!