



## MIDDLE EASTERN BAKED SALMON WITH TUMERIC YOGHURT



MINUTES TO PREPARE  
10



MINUTES TO COOK  
12



SERVES  
2

### INGREDIENTS

*For the salmon:*

**2 salmon fillets**, skin on  
**Juice from 1/2 lemon**  
**Sprinkle sumac**  
**Pinch Maldon Sea Salt**  
**Black pepper**

*For the tumeric yoghurt:*

**150ml Greek Yoghurt**  
**Light squeeze of the rest of the 1/2 lemon**  
**1 teaspoon tumeric**  
**Maldon Sea Salt**  
**Black pepper**

*For the slaw:*

**3cm slice celeriac**, peeled and grated on large grate  
**1/2 large courgette (or 1 small one)**, grated on large grate with skin on  
**1/2 apple**, grated on large grate with skin on  
**1 capful extra virgin rapeseed oil**  
**3 capfuls white wine vinegar**  
**Large pinch of Maldon Sea Salt**  
**Good grind of black pepper**  
**1 tablespoon pumpkin seeds**  
**1 tablespoon sunflower seeds**

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Line a baking tray with baking parchment. Place the salmon on the tray, skin side down.
- 3 Squeeze over the lemon juice. Sprinkle over the sumac in a fine layer so that most of the fish is lightly covered. Season with salt and pepper.
- 4 Bake in the oven for 12 minutes or until the salmon flesh is firm.
- 5 While the salmon is cooking, make the slaw and yoghurt. For the slaw, grate the vegetables into a bowl. Season and stir in the oil, vinegar, salt and pepper. Add the seeds, stir and taste for seasoning. Leave for 5 minutes for the flavours to infuse before serving.
- 6 Meanwhile make the yoghurt by mixing all the ingredients together and season with salt and pepper to taste.
- 7 Serve with boiled new potatoes and melted butter.

*"Many people I talk to find cooking fish daunting and aren't sure what to do with it. I suggest keeping it simple. Add lemon juice, salt and pepper is always a winner – and here it's just a light sprinkle of sumac to add flavour too. Team it with some interesting sides and you'll be a convert in no time."*