Main dishes / India

salmon fillet with broccoli and potatoes · India

Gently cooked fish, potatoes and broccoli make a practical India-inspired dinner.

Time 40 min **Servings** 4

What you'll need.

- ☐ 600 g boneless salmon fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g broccoli
- ☐ 30 ml neutral cooking oil
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the broccoli, then boil or steam for 7 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless salmon fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

AI-developed, not kitchen-tested.

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