

INDIAN SALMON CURRY



INGREDIENTS

for 4 servings

- 500g salmon filet
- 1 bell pepper, cut in stripes
- 1 zucchini, thinly sliced
- 2 tomatoes, sliced
- 1 red onion, sliced
- 1 tsp. ginger, minced
- 4 cloves of garlic, crushed
- 2 tbsp. fish masala*
- 1 tsp. salt
- 6 tbsp. oil

1. Mix fish masala, salt and two tablespoons of water into a marinade. Make a few cuts into the fish and rub it with the marinade.
2. Heat oil in a big pan and place this fish on the skin side in the hot oil.
3. Place the bell pepper stripes and the zucchini around the fish. Then add onions, ginger and crush the garlic into the pan.
4. Turn the salmon and place is on top of the vegetables, in order to cook it with indirect heat.
5. Now add the tomato slices, cover with the lid and let everything cook until the vegetables are soft. Serve with rice.

* You can find these ingredients in big super-markets or Asian grocery stores.

Enjoy your meal!

HEALTH TIPS

The low-carb dish is suitable for Vatha and Pitta doshas. It provides many important nutrients, while not being heavy on the stomach. Salmon contains important proteins and omega 3 fatty acids. Zucchini is full of magnesium, vitamin C and important dietary fibers, which support digestion. The vegetable, also known as summer squash, is low in calories and a great option for a weight reduction program.

Ginger is a universal remedy as it aids digestion, is anti-inflammatory and has antibacterial properties.

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