

CYRUS TODIWALA'S LEELI CHUTNEY MA SALMON



Simple yet delicious chargrilled salmon recipe using fresh green chutney as a marinade

INGREDIENTS

Salmon

- Organic salmon fillet or other firm fish that is **green rated** 'Best Choice' on the **Good Fish Guide**: 500-600g
- Turmeric powder: ½ tsp
- Extra virgin rapeseed oil: For basting
- Lime juice: ½ a lime
- Salt

Fresh green chutney

- Fresh coriander: 4 tbsp chopped (wash and use stalks as well)
- Fresh mint: 30 to 40 leaves
- Green chilli: 4-5
- Garlic cloves: 4-6
- Fresh ginger: One 2" piece
- Sugar: 1 tsp
- Salt: Add to your taste
- Lime juice: ½ a lime

METHOD

1. Puree together coriander, mint, green chilli, garlic, ginger, sugar, salt and lime juice in a blender until you have a smooth green paste.
2. Add a little water at a time if necessary for the blades of the blender to get a grip on the ingredients. Not too much liquid as the chutney needs to be as thick as possible for best results.
3. Clean any scales on the skin side, remove any bones, wash and pat completely dry.
4. Cut into one and a half-inch sized squares and add the additional lime juice, turmeric and some salt.
5. Allow to stand for at least thirty to forty minutes and then add as much chutney as is necessary to coat the pieces.
6. Heat a grill or prepare a barbecue until very hot.
7. If grilling, mix a little oil into the marinade so the pieces are totally coated. Place the fish skin-side up on a piece of foil brushed with oil to prevent the fish from over-cooking, sticking or flaking off.
8. Place under the grill and when the skin is well browned, turn over. This should take no more than eight to ten minutes in all. Do not overcook the fish.
9. If barbecuing, mix a little oil into the marinade and skewer the fish, keeping all the skin facing the same way. Barbecue normally but only let the skin side of the fish directly contact the BBQ rods/bars.



DID YOU KNOW THE SEAFOOD YOU BUY CAN IMPACT THE HEALTH OF OUR SEAS?

Our top tips to help you secure the future of our seas and marine wildlife

1 Use the Good Fish Guide

Check out the FREE **Good Fish Guide** app and website goodfishguide.org which has easy-to-use traffic light ratings showing which fish are the most sustainable (green rated), and which unsustainable fish should be avoided (red rated).



2 Mix it up!

We're too reliant on the 'Big 5': cod, haddock, prawns, salmon and tuna. Why not try hake or coley instead of cod and haddock, swap tuna for herring or sardine and give shellfish a try - **all great options to get your fix of omega 3!**

3 Look for eco-labels

Look for the following eco-labels, they're better environmental choices...



When buying farmed fish – choose organic. Organic farms tend to allow fish more room to move, they have higher environmental standards and use responsibly-sourced feed.

4 What the Fish?!

What it is and where and how a fish has been caught or farmed can make a huge difference to its sustainability. Know what you're eating – if you can't get the information you need, give it a miss!

5 Low impact

Some fishing and farming methods have a lower impact on species and habitats. Buy fish caught in a more environmentally friendly way such as handline, pole and line, trap, pot, dive-caught, or from fisheries using best practice to reduce discards and habitat impacts.

6 Avoid red rated seafood

Did you know some species, like the European eel, are more endangered than the snow leopard? By choosing threatened or endangered species, you could be contributing to their extinction, so avoid buying these as well as **red rated fish** from poorly managed fisheries or farms.



7 In or out of season?

Avoid breeding and spawning times for fresh fish, and egg-bearing crab and lobster. Check out our **Fish of the Month** resource on the Good Fish Guide where top chefs suggest **seasonal sustainable seafood recipes**.



We would like to thank Nature Travels for supporting the production of this recipe card – www.naturetravels.co.uk

The **Marine Conservation Society** is the UK's leading marine charity working to make sustainable seafood the only choice for consumers – www.mcsuk.org

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