

Roasted Salmon with Pudina Raita sauce

1-1/2 Cups Plain Yogurt
2-1/2 T Mint leaves, dried, freshly crushed
1/8 t Cumin seed, ground (or; use our Toasted Ground Cumin)
Salt, to taste

For Salmon:

Salt, Five Mix Peppercorn
Garlic, granulated or fresh
Olive Oil, to drizzle
Squeeze of fresh lemon juice

(Sauce is best made ahead of time so flavors have time to blend.)

Mix yogurt, mint (reserving 1/2 T) and cumin well.

Set in refrigerator.

Preheat oven to 375°. Season salmon with salt, pepper, garlic, olive oil and lemon juice. Roast in center of oven for 20-25 minutes, depending on thickness (roughly 10 minutes per inch). Spoon sauce over roasted salmon and garnish with remaining mint.

Captain's Note:

Don't let leftover sauce go to waste! It's scrumptious with roasted vegetables, too, or for dipping pitas as an appetizer!