

Lunch Recipe: Lemon Garam Masala Salmon

Salmon

2 lemons (sliced, no seeds)

½ lemon juiced

4 salmon fillets

sea salt to taste

½ teaspoon Paprika

1 teaspoon Garam masala

1 teaspoon cilantro (fresh, chopped)

1 clove of garlic (fresh, chopped)

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1/3 cup of white wine

Salad

1 bag of baby spinach (fresh)

½ cup pine nuts

½ cup cherry tomatoes

½ cup pomegranate seeds (fresh)

Dressing

1 clove of garlic

1 cup of fresh cilantro

¼ cup of sour cream

¼ cup of mayo

½ teaspoon kosher salt

¼ teaspoon ground coriander

Potatoes

½ cup dried fenugreek

1 large onion (chopped)

4 large potatoes

1 teaspoon red chili powder

1 teaspoon cumin seeds

1 teaspoon turmeric powder

2 teaspoon of white vinegar

2 tablespoon of lime juice

½ cup of olive oil

1 block of paneer (fresh)

2 tablespoons ghee

1 teaspoon cumin powder

1 teaspoon coriander powder

salt to taste

Lemon Garam Masala Salmon

1. Preheat the oven to 400 degrees. In a bowl, add coconut oil, paprika, salt, garlic, ghee, white wine and Life is a Recipe® Garam Masala.
2. Whisk together. Add in fillets gently and marinate for 10 minutes.
3. In a large baking dish, arrange half the lemon slices in a single layer.
4. Place salmon fillets on top of the lemon.
5. Cover salmon with remaining marinade and lemon slices. Bake for 20 minutes or until the fish is flakey.

Paneer and Spinach Salad Starring Creamy Cilantro Dressing

1. Cut the paneer into small cubes and fry until golden brown.
2. Put garlic, cilantro, sour cream, mayo, kosher salt, coriander, vinegar, lime juice and olive oil in a food processor and blend. In a large bowl, mix spinach, pine nuts, pomegranate seeds, and cherry tomatoes.
3. Add in fried paneer.
4. Drizzle with creamy cilantro dressing.

Roasted Fenugreek Potatoes

1. Boil potatoes in a large pot.
2. Remove the skin and chop into 1-inch cubes.
3. Add in cumin seeds, fry seeds until they being to pop.
4. Add in onions and cook until they become translucent.
5. Add in fenugreek, cumin, coriander, turmeric and red chili powder.
6. Add in salt.

7. Fry mixtures.
8. Add in potatoes and cook until golden brown.