

Seared Salmon & Tomato Chutney

with Cranberry Bean & Spinach Stew

Though it may not be the first association we make, Indian cuisine has a deep, rich seafood history. India has 7,000 miles of coastline, which has been feeding people since the dawn of time. In this dish, you'll take part in the tradition, searing salmon fillets and serving them with a traditionally-spiced Indian stew and a sweet, sour and savory chutney. In the stew, you'll be using fresh, beautiful cranberry beans, a kind of shelling bean. Their vivid color dissipates during the cooking process, but their creamy, hearty flavor is there to stay.



Ingredients



2 Skinless Salmon Fillets

4 Ounces Fresh Cranberry Beans

1 5.5-Ounce Can Light Coconut Milk

1 Yellow Onion

1 Tomato

1 Ounce Spinach

1 Bunch Cilantro

Knick Knacks

2 Tablespoons Ghee

1 Teaspoon Madras Curry Powder

1 Tablespoon Tamarind Concentrate

1 Teaspoon Chutney Spice Blend

(Mustard Seeds, Cumin Seeds, Ground Cardamom & Chili Powder)

Makes 2 Servings

About 650 Calories Per Serving

Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the salmon from the refrigerator to bring to room temperature. Shell the beans; discard the shells. Roughly chop the spinach. Roughly chop the cilantro leaves and stems. Medium dice the tomato. Peel and small dice the onion.

2



Start the stew:

In a medium pot, melt **half the ghee** on medium heat. Add **half the onion** and season with salt and pepper. Cook 3 to 4 minutes, or until the onion has softened. Add the **Madras curry powder** and cook 30 seconds to 1 minute, or until toasted and fragrant. Add the **beans, coconut milk** and **1 cup of water**. Reduce the heat to medium-low and cook, stirring occasionally, 22 to 24 minutes, or until the beans are tender.

3



Make the chutney:

While the stew simmers, in a medium pan (nonstick, if you have one), melt the **remaining ghee** on medium. Add the **chutney spice blend** and cook, stirring frequently, 1 to 2 minutes, or until fragrant and the mustard seeds in the spice blend start to crackle. Increase the heat to medium-high and add the **tomato** and **remaining onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until thick and saucy. Stir in the **tamarind concentrate** and remove from heat. Transfer to a small dish. Wipe out the pan.

4



Cook the salmon:

While the stew continues to simmer, season the **salmon** with salt and pepper on both sides. In the same pan used to cook the chutney, heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned salmon** and cook 4 to 6 minutes per side, or until cooked to your desired degree of doneness. Transfer the cooked salmon to a plate.

5



Finish the stew:

Add the **spinach** to the stew and cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted. Season with salt and pepper to taste; remove from heat.

6



Plate your dish:

Divide the **stew** and **salmon** between 2 dishes and top with the **tomato chutney**. Garnish with the **cilantro**. Enjoy!