

# Indian Fennel & Seafood Nectarine Salad



## Recipe By FoodieBook

**Ref:** 350

**Heading:** Salads

**Cuisine:** Indian

**Food Type:** Seafood

**No of Portions:** 4

## Ingredients & Prep

- 200 g Prawns raw de-frosted
- 200 g Squid raw de-frosted
- 200 g Salmon fillet de-skinned & cut into chunks
- 1/2 tsp Turmeric ground
- 1/2 tsp Garam Masala
- 1/2 tsp Chilli powder
- 1/2 tsp Salt
- 2 tbsp Olive oil for frying

### Salad

- 1 Nectarine skinned & sliced in thin wedges
- 1 Fennel bulb trimmed & thinly sliced

### Dressing

- 20 ml Olive oil
- 1 tbsp Lime juice
- 1/2 tsp Paprika powder
- 1/2 tsp Fennel powder
- 1 tsp Fresh ginger grated
- 1/2 Green chilli finely chopped seeds removed
- 1 Garlic clove finely grated
- 1 pinch Salt

### Garnish

- 15 g Fresh coriander chopped

## Suggestion & Tips

You could use other seafood's.

## Method

**Step 1** - First make the dressing, whisk the paprika, fennel powder with the oil in a bowl, then add the rest of the dressing ingredients & mix, set aside.

**Step 2** - Place salad ingredients in a serving bowl.

**Step 3** - Now prepare to cook the seafood in a wok (best) or a frying pan on a med to high heat, first cook the salmon, sprinkle garam masala & a little salt on the salmon, add oil to the pan & fry until cooked to your liking, remove with a slotted spoon. Then coat prawns & squid with the turmeric, chilli powder & a little salt, fry both prawns & squid for 3 mins or so until cooked & remove with a slotted spoon, place with the cooked salmon.

**Step 4** - Dress the salad with the dressing then scatter over cooked seafood & garnish with coriander.