



Indian Glazed Salmon

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 large yellow or red onion
- 1 large orange bell pepper
- ½ cup cherry tomatoes, halved
- ½ cup O&V **Masala Mama Tikka Masala Sauce** or **Vindaloo Sauce**
- 1 – 1¼ lb salmon, with or without skin
- Lemon wedges and chopped cilantro to serve

Preparation

Preheat the oven to 450 F. Line two large baking sheets with parchment paper.

Cut the onion and bell pepper into large chunks or into circles. Place on one of the baking sheets and brush with ¼ cup of the Tikka Masala or Vindaloo Sauce. Bake in the oven for 18-20 minutes turning once halfway through. Remove from oven.

Place the salmon on the second baking sheet, and brush with the remaining ¼ cup of Tikka Masala or Vindaloo sauce. Place in the oven and bake 6-8 minutes till the salmon is cooked.

Remove and serve a combination of the salmon and vegetables with a sprinkle of chopped cilantro, halved cherry tomatoes, and a wedge of lemon for squeezing. Serve alongside warm naan bread or with couscous and a side salad.

Serves 4

Active time 8 minutes Total Time: 35 minutes

Notes

* I personally love the heat and tang of **Masala Mama Vindaloo sauce**. It is made with fresh ingredients, no artificial flavorings and true extra virgin olive oil. If the Vindaloo is too spicy for you, you can use their **Tikka Masala sauce** instead or you can choose to substitute with your favorite brand of an Indian simmer sauce but remember that the flavors and excellence of the sauce will dictate the quality of the dish. Many Masala Mama sauces are available at [Oil & Vinegar Greenville](#)

Categories: Entrée, Gluten Free, Dairy Free, Easy Weeknight Meal, Quick Dinner, Indian Flavors, Vindaloo Sauce, Tikka Masala Sauce, Salmon, Seafood, Simmer Sauces, Easy Indian, Curry in a Hurry,