

Curry Grilled Salmon with Pineapple Raita



Ingredients

Curry marinade

- 1 cup Chobani® Nonfat Plain Greek Yogurt
- 1 tablespoon yellow curry powder
- 1 teaspoon small garlic clove, minced
- Juice of ½ lemon
- 1 pinch kosher salt
- 1 pinch freshly ground black pepper
- 1 ½ pounds salmon fillets with skin off

Pineapple raita

- 2 cups Chobani® Nonfat Plain Greek Yogurt
- ½ cup jalapeño, finely chopped
- ½ cup red onion, finely chopped
- 1 tablespoon small diced jalapeno
- Juice and zest of ½ lime
- 1 teaspoon lime zest
- 2 tablespoons coarsely chopped fresh cilantro
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

Instructions: Curry marinade

Step 1

Combine all marinade ingredients in a bowl and mix thoroughly. Coat salmon with curry yogurt marinade on all sides. Cover salmon and place in the fridge for up to 2 hours to tenderize and impart flavor.

Instructions: Pineapple raita

Step 1

Clean and oil grill grate with a paper towel, and turn grill on high heat.

Step 2

Remove salmon from refrigerator and wipe off excess marinade from the salmon. Season with salt and pepper on all sides.

Step 3

Place salmon top down on well-oiled grill grates and do not touch for 2–3 minutes. Using a spatula, scrape underneath the salmon filet to lift it up off the grates so it does not stick. Flip it over onto freshly oiled grill grates and cook for another 2–3 minutes. Salmon should reach an internal temperature of 145°F.

Step 4

Combine all ingredients in a bowl and mix until fully incorporated. Serve pineapple raita with grilled salmon.