

## **TRUPTI INDIAN SALMON**

### **INGREDIENTS**

1/4 cup low-fat plain yogurt  
2 ½ tablespoon Trupti Fish Masala  
1/2 teaspoon coarse salt  
1/4 teaspoon Trupti ground black pepper  
1/4 teaspoon Trupti Kashmiri Chili powder  
4 skinless salmon fillets (each 6 ounces and about 1 inch thick)  
Vegetable cooking oil

### **METHOD**

Heat broiler.

In a small bowl, combine yogurt, Trupti Fish Masala, salt, black pepper, and Trupti Kashmiri chili powder.

Spray a broiler pan or rimmed baking sheet with cooking spray. Place salmon on pan. Spread yogurt mixture on top of fillets, dividing evenly. Broil until fish is just opaque throughout, 12 to 14 minutes. Serve immediately with rice, naan, rotis or salad for healthier option.