



Cod tikka with dal & raita

Curry paste and a pouch of dal meet fresh asparagus and grilled fish in this recipe from Emily Gussin – perfect for when spring starts to edge into summer. Fresh, light, high in protein and gluten free, it's an easy win. For more dishes like this, explore our [healthy](https://www.waitrose.com/ecom/recipes/healthy) (<https://www.waitrose.com/ecom/recipes/healthy>).

and [high-protein recipes](https://www.waitrose.com/ecom/recipes/healthy/high-protein) – just the thing for easy, feel-good [summer cooking](https://www.waitrose.com/ecom/recipes/seasonal/summer).
[Follow Emily Gussin on Instagram](https://www.instagram.com/emilygussin/).

Gluten free

High protein

2 of your 5 a day

6 plant varieties

Serves	Course	Prepare	Cook	Total time
4	Main meal	15 mins	10 mins	25 mins

Ingredients

100g Greek style natural yogurt

$\frac{1}{2}$ cucumber (about 150g), finely chopped

$\frac{1}{4}$ x **25g** pack mint, leaves chopped, plus extra leaves to serve

2 x 260g packs No.1 Icelandic Cod Loin

$\frac{1}{2}$ x **180g** jar tikka masala spice paste

2 x 110g packs fine asparagus

$\frac{1}{2}$ **tbsp** olive oil

2 x 280g pouches Merchant Gourmet Black Lentil Dal

Method

1 Heat the grill to high and line a large baking tray with foil. In a bowl stir together the yogurt, cucumber and mint, then season with a little salt. Set aside.

2 Coat the cod in the tikka paste and sit on the lined tray. Grill for 3 minutes. Toss the asparagus in the olive oil and season with salt. Turn over the cod and add the asparagus to the tray. Grill for a further 3-4 minutes, until the cod is cooked through, opaque and flakes easily, and the asparagus is tender.

3 Meanwhile, heat the dal according to pack instructions. Serve the cod with the dal, asparagus and raita plus a few extra mint leaves scattered over

Nutritional

Typical values per serving when made using specific products in recipe

Energy	1,706kJ/ 406kcal
Fat	12g
Saturated Fat	6.1g
Carbohydrates	25g
Sugars	7.6g
Fibre	8.8g
Protein	44g
Salt	1.5g