



**GLUTEN  
FREE**

## Pan-Seared Salmon

with French Lentils & Cucumber Salad



20-30min



2 Servings

A beautiful cut of salmon is delicious any way you cook it—grilled, poached, slow-roasted—but our favorite (and the fastest!) method is in a hot pan to achieve a great sear and crispy exterior. A bed of tender lentils is made aromatic with sautéed leek and thyme, and crunchy Persian cucumbers are perfect for a salad with fresh parsley. The cucumbers are a great size for slicing, and no need to ...



## What we send

- 3 oz French green lentils
- 1 cucumber
- ½ oz fresh parsley
- 1 lemon
- 10 oz pkg salmon filets <sup>4</sup>
- ¼ oz mushroom seasoning
- 1 yellow onion
- ¼ oz fresh thyme

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- nonstick skillet

## Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 700kcal, Fat 38g, Carbs 34g, Protein 48g



### 1. Prep ingredients

Remove ends and tough outer leaves from **leek**. Halve leek lengthwise, then thinly slice crosswise into ¼-inch thick pieces. Transfer to a large bowl of water and let grit settle. Lift leeks, leaving grit behind, and drain well; pat dry. Pick **1 teaspoon thyme leaves** and roughly chop (reserve remaining thyme for another time). Rinse and drain **lentils**.



### 4. Make cucumber salad

Trim ends from **cucumbers**. Halve lengthwise and slice crosswise ¼-inch thick. Pick **parsley leaves** and discard stems. Zest and juice **half of the lemon**. Cut other half into wedges. In a medium bowl, combine **cucumbers, parsley, lemon juice** and **zest**, ¼ teaspoon **salt**, and a few grinds of **pepper**.



### 2. Cook leeks & lentils

Heat 2 teaspoons **oil** in a medium pot over medium. Add **leeks**, ½ teaspoon **salt**, and a few grinds **pepper**, and cook, stirring, until tender, about 5 minutes. Add **lentils, thyme, vegetable broth concentrate**, 3 cups **water**, ½ teaspoon **salt**, and a few grinds of **pepper**. Bring to a simmer and cook until tender, about 30 minutes.



### 5. Finish lentils

Add **butter** to **lentils** and stir until melted and combined. Season to taste with **salt** and **pepper**.



### 3. Cook fish

Pat **salmon** dry and season with **salt** and **pepper**. Heat 1 tablespoon **oil** in a nonstick skillet over high. Add fish, skin-side down, and cook until well-browned, about 4 minutes. Flip and cook on the other side, about 2 minutes for medium rare (or longer for preferred doneness). Transfer fish to a plate.



### 6. Serve

Divide **lentils** between two shallow bowls. Top with **salmon**, crispy side up, and serve **cucumber salad** and **lemon wedges** on the side. Enjoy!