



Crispy Skillet Salmon & Warm Lentil Salad:

Cooking with Confidence with Martha Stewart



30-40min



2 Servings

Level up your cooking technique and boost your confidence in the kitchen with this recipe series! Crispy salmon skin is the bacon of the sea. It's savory and adds a delicate crunch to flaky salmon. We season the fillets with ras el hanout spice blend, then sear it skin side down in a nonstick skillet. A warm veggie-packed lentil salad with a tangy vinaigrette is the perfect side—but make sure to serve the salmon skin side up!

What we send

- 3 oz French green lentils
- 1 pkt vegetable broth concentrate
- 1 medium yellow onion
- 1 carrot
- garlic
- 10 oz pkg salmon fillets 4
- ¼ oz ras el hanout
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

Tools

- medium saucepan
- fine-mesh sieve
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 48g, Carbs 41g, Proteins 44g



1. Cook lentils

In a medium saucepan, combine **lentils**, **vegetable broth concentrate**, **3 cups water**, and **½ teaspoon salt**. Cover and bring to a boil. Uncover and continue to simmer over medium heat until lentils are just tender but not falling apart, 15-18 minutes. Drain lentils well, then return to saucepan and cover to keep warm.



4. Prep salmon

Pat **salmon** very dry; season all over with **salt**. Season flesh side only with **1 teaspoon ras el hanout**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering.



2. Prep ingredients

Meanwhile, finely chop **onion**. Scrub **carrot**, halve lengthwise (or quarter, if large), and thinly slice crosswise into half-moons. Finely chop **1 teaspoon garlic**. In a small bowl, whisk to combine **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch each of salt and pepper**; set vinaigrette aside until ready to serve.



5. Cook salmon

Reduce skillet heat to medium, then add **salmon fillets**, skin side down. Press each fillet firmly in place for 10 seconds with the back of a spatula. Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and salmon is almost cooked through, about 5 minutes. Flip salmon; cook until it is just medium, about 1 minute more.



3. Caramelize vegetables

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **carrots**, **onions**, and **a pinch each of salt and pepper**. Cook, stirring occasionally, until onions and carrots are deeply browned and carrots are just tender, about 5 minutes. Stir in **garlic** and cook until fragrant, about 1 minute. Transfer **vegetables** to saucepan with **cooked lentils**. Wipe out skillet.



6. Finish lentils & serve

Return saucepan with **lentils and veggies** to medium heat. Stir in **spinach** and cook, until spinach is just wilted. Season to taste with **salt** and **pepper**. Spoon **lentils** onto plates, then drizzle **most of the vinaigrette** over top. Serve **salmon**, skin side up, over **lentils**, passing **remaining vinaigrette** at the table. Enjoy!