





Grilled Arctic Char

with Mustardy Lentil & Arugula Salad

 30-40min  2 Servings

Lentils are hearty and filling - and they can be surprisingly versatile to! Here, tiny cooked lentils du Puy are tossed in a bright red wine vinaigrette while they are still warm. Carrots, cucumber, and scallions add crunch to the marinated lentil salad while dill and arugula offer fragrant and peppery flavors. Grilled arctic char, drizzled with some of the extra vinaigrette, completes the meal...

What we send

- red wine vinegar
- packet Dijon mustard ¹⁷
- Persian cucumber
- French green lentils
- carrots
- fresh dill
- scallions
- large leaf arugula

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- box grater
- medium saucepan

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 769kcal, Fat 49g, Carbs 21g, Protein 46g



1. Make vinaigrette

Light grill, if using. In a medium bowl, combine **vinegar** and **mustard**. Stir in **¼ cup of oil** and season to taste with **salt** and **pepper**.



2. Cook lentils

Rinse **lentils** and drain well. Transfer to a medium saucepan, add **3 cups of water** and bring to a boil. Simmer, partially covered, until lentils are tender, about 20 minutes. Drain well and transfer to a large bowl. Add **½ of the vinaigrette** and toss gently to combine. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Trim ends of **cucumber**; quarter lengthwise, then thinly slice crosswise. Peel **carrot** and coarsely grate on the large holes of a box grater. Pick **half of dill** from stems and finely chop. (Reserve the rest for your own use.) Trim ends of **scallions** and thinly slice. Wash **arugula** and dry well. Tear into bite-sized pieces.



4. Grill arctic char

Heat a grill pan, if using, on medium-high. Lightly **oil** the grill grates and **fish fillets**. Season fish with **¼ teaspoon salt** and **several grinds pepper**. Place fish on the grill, skin-side down. Cover and cook until fish is nearly opaque, about 4 minutes. Flip fish and cook 1 minute more. Transfer each fillet to a plate.



5. Finish lentil salad

Add **cucumbers, carrots, scallions, arugula**, and **half of dill** to **lentils**. Drizzle with **½ of the reserved vinaigrette** and toss gently to combine. Season to taste with **salt** and **pepper**.



6. Serve

Remove **skin** from **fish fillets**. Divide **lentil salad** between plates and spoon **remaining vinaigrette** over the fish. Drizzle with **olive oil** and garnish with **remaining dill**. Enjoy!