



Grilled Tilapia & Mustard Lentil Salad

with Carrots, Cucumbers & Scallions



30-40min



2 Servings

Lentils are hearty and filling—and they can be surprisingly versatile! Here, we toss them in a bright Dijon vinaigrette while they're still warm. Carrots, cucumber, and scallions add crunch to the marinated lentils while dill and arugula offer fragrant and peppery flavors. Grilled tilapia filets, drizzled with some of the extra vinaigrette, completes the meal.

What we send

- ¼ oz Dijon mustard
- 3 oz French green lentils
- 1 cucumber
- ¼ oz fresh dill
- 2 scallions
- 1 carrot
- 10 oz pkg tilapia ¹
- 5 oz arugula

What you need

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

Tools

- medium saucepan
- box grater
- grill or grill pan

Allergens

Fish (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 470kcal, Fat 18g, Carbs 34g, Protein 43g



1. Make vinaigrette

Preheat grill, if using.

In a medium bowl, combine **1 tablespoon vinegar** and **mustard**. Stir in **¼ cup oil** and season to taste with **salt** and **pepper**.



2. Cook lentils

Rinse **lentils** and drain well. Add to a medium saucepan with **3 cups water**; bring to a boil. Simmer, partially covered, until tender, about 20 minutes.

Drain well and transfer to a large bowl. Add **half of the vinaigrette** and gently toss to combine. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Trim **cucumber**; quarter lengthwise, then thinly slice crosswise. Pick **dill fronds** from stems and finely chop; discard stems. Trim **scallions** and thinly slice.

Peel **carrot** and coarsely grate on the large holes of a box grater.



4. Grill tilapia

Preheat grill pan, if using, over medium-high. Pat **fish** dry and season with **salt** and **pepper**. Lightly **oil** grill grates and fish.

Add fish to grill. Cover and cook until nearly opaque, about 4 minutes. Flip and cook, 1 minute more. Transfer to a plate.



5. Finish lentil salad

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



6. Serve

Serve **grilled tilapia** over **lentil salad** and top with **remaining vinaigrette**, a **drizzle of oil**, and **remaining dill**. Enjoy!