



Seared Salmon with Herb Compound Butter

with Warm Lentil & Carrot Salad



20-30min



2 Servings

This isn't just any ordinary salmon and salad combo. We're topping tender salmon filets with a compound butter flavored by herbs de Provence, a fragrant, woody all-purpose spice blend that will instantly transport you to the south of France. Alongside is a warm lentil, spinach, and carrot salad tossed in a lemony Dijon dressing. No need to book a trip to France when you can enjoy its flavors right at home.

What we send

- 1 carrot
- 1 lemon
- garlic
- ¼ oz herbs de Provence
- 3 oz French green lentils
- 1 pkt Dijon mustard
- 5 oz baby spinach
- 10 oz pkg salmon filets ²

What you need

- butter ¹
- 4 Tbsp olive oil
- sugar
- kosher salt & ground pepper

Tools

- microplane or grater
- medium saucepan
- fine-mesh sieve
- medium nonstick skillet

Allergens

Milk (1), Fish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 60g, Carbs 29g, Protein 43g



1. Prep ingredients

Quarter **carrots** lengthwise, then cut into ½-inch pieces.

Zest **half of the lemon** and squeeze **1 tablespoon juice** into a medium bowl; cut remaining lemon into wedges. Finely grate **1 teaspoon garlic**.

In a 2nd medium bowl, mix to combine **2 tablespoons softened butter** with **1 teaspoon Herbs de Provence**.



4. Sear salmon

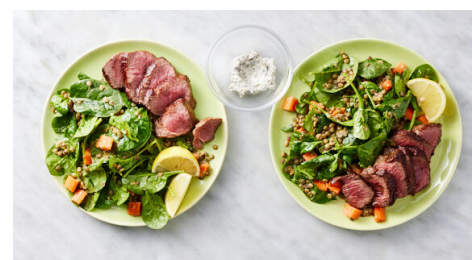
Pat **salmon** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



2. Cook lentils

In a medium saucepan, combine **lentils** and enough **water** to cover by 2 inches. Cover and bring to boil. Uncover and cook over medium heat until lentils are almost tender, 8-10 minutes. Add **carrots** and cook until just tender, 2-4 minutes more. Rinse under cold water and drain well.



5. Finish & serve

Top **salmon** with **compound butter** and serve with **lentil salad** and **lemon wedges** alongside. Enjoy!



3. Make lentil salad

To bowl with **lemon juice and zest**, whisk to combine **Dijon mustard**, **grated garlic**, **3 tablespoons oil**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**. Add **spinach**, **lentils**, and **carrots**; toss until evenly coated. Season to taste with **salt** and **pepper**.



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