



Grilled Trout & Mustard Lentil-Arugula 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 trout filets, drizzled with some of the extra vinaigrette, completes the meal.

What we send

- 2 (¼ oz) Dijon mustard
- 3 oz French green lentils
- 1 cucumber
- ¼ oz fresh dill
- 2 scallions
- 1 bag carrots
- 10 oz pkg steelhead trout filets ¹
- 1 bag 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 520kcal, Fat 19g, Carbs 39g, Protein 45g



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 trout

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, skin-side down. 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

Remove skin from **fish**.

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