



Crispy-Skinned Curry Salmon

with Lentils, Carrots & Spinach



30-40min



2 Servings

Crispy salmon skin is the bacon of the sea. It's crisp, savory and oh so satisfying to eat, adding a delicate crunch to the flaky texture of salmon. We season the salmon with ras el hanout—a Moroccan spice blend full of warming spices like coriander, cumin, and cinnamon—then sear it skin side down. The salmon is served with a warm veggie packed lentil salad, and drizzled with a tangy vinaigrette.

What we send

- 3 oz French green lentils
- 1 pkt vegetable broth concentrate
- 1 medium yellow onion
- 4 oz carrot
- garlic
- 10 oz salmon fillets ⁴
- ¼ oz ras el hanout (use 1 tsp)
- 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 780kcal, Fat 48g, Carbs 40g, 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, then continue to simmer over medium heat until lentils are just tender but not falling apart, 15-18 minutes. Drain lentils, then return to saucepan and cover to keep warm.



4. Prep salmon

Pat **salmon** flesh and skin very dry. Season on both sides 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 large garlic clove**. In a small bowl, whisk to combine **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch each of salt and pepper**.



5. Cook salmon

Reduce 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. Add **garlic** and cook, stirring, about 1 minute. Transfer vegetables to saucepan with **cooked lentils**. Rinse and 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** on to plates, then drizzle **most of the vinaigrette** over top. Serve **salmon**, skin side up, over **lentils**, passing **remaining vinaigrette** around the table. Enjoy!