



**GLUTEN  
FREE**

## Pan-Seared Wild Salmon

with French Lentils & Cucumber Salad

 20-30min  2 Servings

A beautiful cut of salmon is delicious any way you cook it—grilled, poached, slow-roasted—but our favorite (and the fastest!) method is in a hot pan to achieve a great sear and crispy exterior. A bed of tender lentils is made aromatic with sautéed leek and thyme, and crunchy Persian cucumbers are perfect for a salad with fresh parsley. The cucumbers are a great size for slicing, and no need to ...



## What we send

- French green lentils
- leek
- packet vegetable broth concentrate
- fresh thyme
- Persian cucumbers
- fresh parsley
- lemon

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- nonstick skillet
- zester or microplane

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Energy 700.0kcal, Fat 38.2g, Proteins 48.3g, Carbs 34.2g



### 1. Prep ingredients

Remove ends and tough outer leaves from **leek**. Halve leek lengthwise, then thinly slice crosswise into ¼-inch thick pieces. Transfer to a large bowl of water and let grit settle. Lift leeks, leaving grit behind, and drain well; pat dry. Pick **1 teaspoon thyme leaves** and roughly chop (reserve remaining thyme for another time). Rinse and drain **lentils**.



### 4. Make cucumber salad

Trim ends from **cucumbers**. Halve lengthwise and slice crosswise ¼-inch thick. Pick **parsley leaves** and discard stems. Zest and juice **half of the lemon**. Cut other half into wedges. In a medium bowl, combine **cucumbers, parsley, lemon juice** and **zest**, ¼ teaspoon **salt**, and a few grinds of **pepper**.



### 2. Cook leeks & lentils

Heat 2 teaspoons **oil** in a medium pot over medium. Add **leeks**, ½ teaspoon **salt**, and a few grinds **pepper**, and cook, stirring, until tender, about 5 minutes. Add **lentils, thyme, vegetable broth concentrate**, 3 cups **water**, ½ teaspoon **salt**, and a few grinds of **pepper**. Bring to a simmer and cook until tender, about 30 minutes.



### 5. Finish lentils

Add **butter** to **lentils** and stir until melted and combined. Season to taste with **salt** and **pepper**.



### 3. Cook fish

Pat **salmon** dry and season with **salt** and **pepper**. Heat 1 tablespoon **oil** in a nonstick skillet over high. Add fish, skin-side down, and cook until well-browned, about 4 minutes. Flip and cook on the other side, about 2 minutes for medium rare (or longer for preferred doneness). Transfer fish to a plate.



### 6. Serve

Divide **lentils** between two shallow bowls. Top with **salmon**, crispy side up, and serve **cucumber salad** and **lemon wedges** on the side. Enjoy!