





Grilled Arctic Char

with Mustardy Lentil & Arugula Salad

 30-40min  4 Servings

Lentils are hearty and filling - and they can be surprisingly versatile too! Here, tiny cooked lentils du Puy are tossed in a bright red wine vinaigrette while they are still warm. Carrots, cucumber, and scallions add crunch to the marinated lentil salad while dill and arugula offer fragrant and peppery flavors. Grilled arctic char, drizzled with some of the extra vinaigrette, completes the meal...

What we send

- large leaf arugula
- scallions
- red wine vinegar
- French green lentils
- fresh dill
- Persian cucumbers
- carrots
- packets Dijon mustard ¹⁷

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- box grater
- medium saucepan

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

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

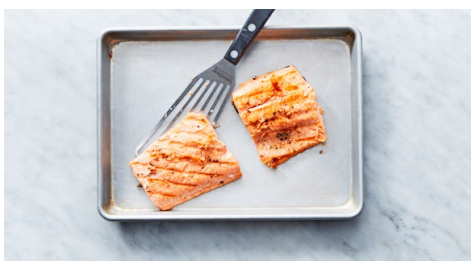
Nutrition per serving

Calories 686kcal, Fat 42g, Carbs 18g, Proteins 44g



1. Make red wine vinaigrette

Light grill, if using. In a medium bowl, combine **vinegar** and **mustard**. Stir in **6 tablespoons of oil** and season to taste with **salt** and **pepper**.



4. Grill arctic char

Heat a grill pan, if using, on medium-high. Lightly **oil** the grill grates and **fish fillets**. Season fish with **½ teaspoon salt** and **several grinds pepper**. Place fish on the grill, skin-side down. Cover and cook until fish is nearly opaque, about 4 minutes. Flip fish and cook 1 minute more. Transfer each fillet to a plate.



2. Cook lentils

Rinse **lentils** and drain well. Transfer to a medium saucepan, add **6 cups of water** and bring to a boil. Simmer, partially covered, until lentils are tender, about 20 minutes. Drain well and transfer to a large bowl. Add **½ of the vinaigrette** and toss gently to combine. Season to taste with **salt** and **pepper**.



5. Finish lentil salad

Add **cucumbers, carrots, scallions, arugula**, and **half of dill** to **lentils**. Drizzle with **3 tablespoons** of the **reserved vinaigrette** and toss gently to combine. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Trim ends of **cucumber**; quarter lengthwise and thinly slice crosswise. Peel **carrot** and coarsely grate on the large holes of a box grater. Pick **dill** from stems and finely chop. Trim ends of **scallions** and thinly slice. Wash **arugula** and dry well. Tear into bite-sized pieces.



6. Serve

Remove **skin** from **fish fillets**. Divide **lentil salad** between plates and spoon remaining **vinaigrette** over the fish. Drizzle with **olive oil** and garnish with **remaining dill**. Enjoy!