


MARLEY SPOON



Turmeric Salmon with Lentil and Spinach Dhal

 20-30min  2 Portions

High in protein and soluble fibre, this aromatic lentil dhal topped with lean, turmeric-dusted salmon, is good for the heart, body and soul. And it tastes every bit as good as it looks too, with earthy lentils, fragrant spices and that juicy salmon making perfect partners in flavour.

What we send

- lentils
- baby spinach leaves
- 2 Tasmanian salmon fillets 4
- onion
- garlic
- ground turmeric
- ground ginger 17
- cumin seeds
- long green chilli
- chicken-style stock cube
- shredded coconut 17

What you'll require

- butter 7
- sea salt and pepper
- neutral oil, such as vegetable
- water

Utensils

- medium deep frypan or saucepan
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining cumin seeds and turmeric won't be used in this dish.

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 765kcal, Fat 48.7g, Carbs 31.7g, Proteins 43.7g



1. Prepare ingredients

Read through the recipe. Thinly slice the **onion**. Crush or finely chop the **garlic**. Finely chop the **chilli**, discarding the seeds if less heat is preferred. Drain and rinse the **lentils**.



2. Cook spices

Crumble **1 stock cube** into a heatproof jug (the remaining stock cube won't be used in this dish), add **250ml (1 cup) boiling water** and stir to dissolve. Heat **1 tbs oil** in a medium deep frypan over medium heat. Add the **ginger**, **½ tsp turmeric** and **half the cumin seeds** and cook, stirring, for 2 mins or until fragrant (see cooking tip).



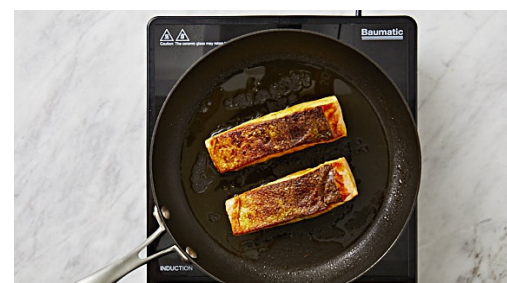
3. Cook dhal

Add the **onion** and **garlic** to the pan and cook, stirring, for 5 mins or until softened. Add the **lentils** and **stock** and bring to a simmer. Reduce heat to medium-low and cook for 10 mins or until the lentils have softened. Stir in the **spinach** and cook for 2-3 mins until wilted. Taste, then season with **salt and pepper**.



4. Toast coconut

Meanwhile, put the **coconut** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from the pan and reserve the pan. Sprinkle the **salmon** with **¼ tsp turmeric** (see cooking tip) and season with **salt and pepper**.



5. Cook salmon

Heat **2 tsp oil** in the reserved pan over high heat. Cook the **salmon**, skin-side down, for 3 mins or until the skin is crisp. Turn over, add **25g butter** to the pan and cook for a further 3 mins or until just cooked through or cooked to your liking (cooking times may vary depending on the thickness of the fillets).



6. Get ready to serve

Divide the **dhal** and **salmon** among bowls and drizzle with **any pan juices**. Scatter over the **toasted coconut** and **chilli**, as desired, to serve.