

Salmon with Lentils and Rocket

Serves 2

Ingredients

For the lentils

125g (5 oz) puy (or puy type) lentils
600ml (1 pint) low salt vegetable stock
1 bay leaf—optional

For the dressing

2 tsp French (Dijon) mustard
1 tbsp wine vinegar or lemon juice
3 tbsp olive oil
1 tablespoon of capers, chopped—optional
A small handful of chopped parsley—optional

For the fish

A splash (about 1 tbsp) olive or rapeseed oil
Two salmon fillets (about 200g each)
Black pepper
A few handfuls of rocket leaves

Method

1. First of all, prepare your lentils by putting them in a pan together with the bay leaf, if using, and stock. Bring to the boil and then simmer for around 25 minutes or until the lentils are tender but not mushy. Once cooked, drain and take out the bay leaf.
2. Meanwhile, make the mustardy dressing by whisking the mustard with the vinegar and then slowly whisking in the olive oil until well combined.
3. Whilst the lentils are still warm, stir through the dressing, chopped capers and parsley, if using. Cover and keep warm while you cook the fish.
4. For the salmon fillets...season each fillet well with pepper and heat a tablespoon of oil on a high heat in a frying pan. Once hot, add the salmon fillets to the pan, skin-side-down, and fry for 3 mins until crisp. Flip the fillets over, lower the heat and cook for 2 more minutes.



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Lentils are a great source of protein and are full of fibre too.

Fish, particularly oily fish such as salmon, mackerel or sardines, is really good for you. Again, it's a good source of low fat protein and contains lots of omega 3 'good fats'

Top tips

- You can also buy ready cooked puy lentils, but this is a more expensive way of doing it than by cooking your own. 'Puy type' lentils are often readily available in supermarkets and are generally cheaper than the 'real' puy lentils!
- If you could extra lentils you could use them in a salad for another day.
- You could use cod or haddock (or any other type of thick fleshed fish) for this dish too.
- You could also grill the fish by heating the grill to high, drizzling the salmon with a little oil and cooking, skin side up first, for 5 minutes and then turning and cooking