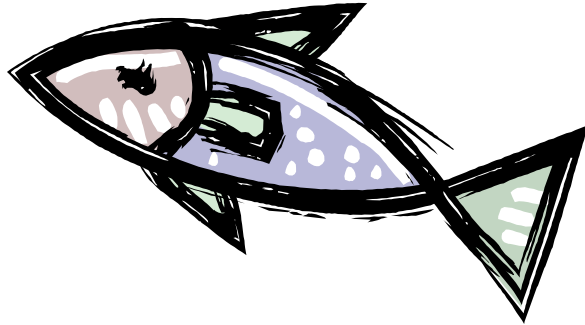


Griddled Salmon Fillets, with Spicy Lentils

Serves 4

Ingredients

- 2 tbsp olive oil
- 1 onion, sliced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 300ml vegetable stock
- 200g dried green lentils
- 4 x 150g skin-on fillet salmon
- 150g very low fat yogurt
- 10g fresh mint, chopped



Method

- Heat 1 tbsp of the oil in a medium pan, add the onion and cook for 2-3 minutes until softened.
- Add the spices and cook for a further 2 minutes.
- Stir in the stock, bring to the boil and add the lentils.
- Cover and simmer for 25 minutes, stirring occasionally, until the lentils are tender and the stock has been absorbed. Add a little more water if the pan is dry but the lentils are not cooked
- Meanwhile, heat the remaining oil in a large non-stick frying pan. place the salmon fillets skin side down in the pan and cook for 4-5 minutes until the flesh is opaque and just beginning to flake
- Spoon the lentils onto 4 plates and place the salmon on top. Serve with a spoonful of yogurt mixed with the chopped mint and seasoned lightly with black pepper

Nutrition per 100g

Energy 149kcal; Protein 13.6g; Carbohydrate 7.7g; of which sugars 1.2g; Fat 7.0g; of which saturates 1.2g; Fibre 1.4g; Sodium 0.1g; Salt 0.25g.

Cook's Tips

The spiced lentils would also work well as an accompaniment to chicken