



# BISTRO SALMON AND LENTILS

with Brussels Sprouts and Carrots

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

GLUTEN FREE

NUT FREE

DAIRY FREE

MAKE FIRST



## HELLO

### FRENCH LENTILS

Tiny, quick-cooking  
little legumes

#### INGREDIENTS:

- Carrot
- Brussels Sprouts
- French Lentils
- Thyme
- Veggie Stock Concentrate
- Shallot
- Lemon
- Dijon Mustard
- Salmon (Contains: Fish)

#### FOR 2 PEOPLE:

1  
8 oz  
½ Cup  
¼ oz  
1  
1  
1  
1 tsp  
12 oz

#### FOR 4 PEOPLE:

2  
16 oz  
1 Cup  
¼ oz  
2  
2  
1  
2 tsp  
24 oz

#### NUTRITION PER SERVING

676 cal | Fat: 25 g | Sat. Fat: 4 g | Protein: 56 g | Carbs: 62 g | Sugar: 11 g | Sodium: 416 mg | Fiber: 26 g

## START STRONG

When juicing lemons, try not to let any seeds fall into the bowl. You can use a strainer (or in a pinch, your hands) to catch those pesky little nubbins.



## BUST OUT

- Peeler
- Baking sheet
- Large bowl
- Olive oil (2 TBSP | 4 TBSP)
- Strainer
- Medium pot
- Whisk

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 425 degrees. Peel **carrot**, then slice on diagonal into ¼-inch pieces. Trim and halve **Brussels sprouts** lengthwise. Toss veggies on a baking sheet with **1 TBSP olive oil** and a pinch of **salt** and **pepper** (leave room for salmon). Roast until lightly browned and softened, about 20 minutes, tossing halfway through.



### 4 ROAST SALMON

With 10 minutes to go on **veggies**, add **salmon** to same baking sheet. Season with **salt** and **pepper**. Roast until opaque and just cooked through, about another 10 minutes.

### 2 COOK LENTILS

Place **lentils** in a medium pot with **thyme**, **stock concentrate**, and enough **water** to cover by 1 inch. Bring to a boil, then reduce to a simmer and cook until tender, about 25 minutes. Drain, discard **thyme** sprig, and set aside.



### 5 TOSS SALAD

Season cooked **lentils** with **salt** and **pepper**. Add to bowl with dressing and toss. Add **carrots** and **Brussels sprouts** and toss to combine.

### 3 MAKE DRESSING

While **veggies** and **lentils** cook, halve, peel, and mince **1 TBSP shallot**. Halve **lemon**. Put **mustard**, **shallot**, and juice of half the **lemon** in a large bowl. Whisk to combine and season with **salt** and **pepper**. Whisk in **1 TBSP olive oil** and set aside.



### 6 FINISH AND PLATE

Divide **lentil salad** between plates. Top with **salmon** and squeeze **lemon juice** (to taste) over everything.

## INCROYABLE!

Salmon not only tastes great, it's full of healthy omega-3s.

