

GUASTELLO'S VILLAGE MARKET

Salmon and Lentil Salad

Serves 6

Ingredients

FOR THE VINAIGRETTE, COMBINE:

¼ cup balsamic vinegar
2 Tbsp. extra-virgin olive oil
1 Tbsp. Dijon mustard
1 Tbsp. minced garlic
1 Tbsp. honey
Salt and black pepper to taste

FOR THE SALAD, COOK:

1 cup green Du Puy lentils, sorted and rinsed

STIR IN:

2 cups shredded red cabbage
1 cup shredded carrots
1 cup thinly sliced scallions
½ cup chopped fresh mint

FOR THE SALMON, COMBINE:

1 Tbsp. Dijon mustard
1 Tbsp. honey
6 salmon fillets, seasoned with salt and black pepper (5–6 oz. each)
1 Tbsp. olive oil

ADD:

¼ cup balsamic vinegar
Chopped fresh mint

Instructions:

For the vinaigrette, combine ¼ cup vinegar, extra-virgin olive oil, 1 Tbsp. Dijon, garlic, and 1 Tbsp. honey in a large bowl; season with salt and pepper.

For the salad, cook lentils according to package directions; drain. Transfer lentils to bowl with vinaigrette; toss to coat and let cool at room temperature.

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Stir in cabbage, carrots, scallions, and ½ cup mint.

For the salmon, combine 1 Tbsp. Dijon and 1 Tbsp. honey; spread onto flesh side of salmon.

Heat 1 Tbsp. oil in a large nonstick skillet over medium; add salmon, skin side down, and cook 2 minutes. Flip salmon, remove skin, and cook 3 minutes on flesh side; flip and cook until medium-rare, 1 minute more. Remove salmon to a plate and tent with foil.

Add ¼ cup vinegar to skillet and reduce until syrupy.

Serve salmon over salad; drizzle with balsamic reduction and garnish with mint.

Credit: cuisineathome.com