



Ingredients

- 2 Salmon Fillets
- 1/2 Cup Harvest Gold Lentils
- ½ Cup Plain Greek Yogurt
- 2 Ounces Spinach
- 1 Bunch Cilantro

Knick Knacks

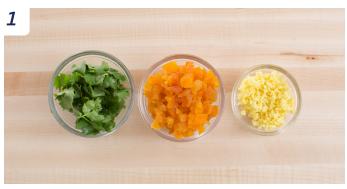
- 2 Tablespoons Ghee
- 2 Tablespoons Tamarind Concentrate
- 1 1-Inch Piece Ginger
- 1/3 Cup Dried Apricots
- 1/4 Cup Lentil Flour
- 1 Tablespoon Apricot Chutney Spice Blend

(Madras Curry Powder, Whole Cumin Seeds, Ground Cardamom, Whole Nigella Seeds, Whole Brown Mustard Seeds & Ground Cayenne Pepper)

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 15 to 25 minutes



Prepare the ingredients:

Wash and dry the fresh produce. Pick the cilantro leaves off the stems; discard the stems. Peel and mince the ginger. Small dice the apricots.



In a large pot, heat half the ghee on medium-high until melted. Add half the ginger and half the spice blend. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the lentils and 11/2 cups of water; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium and simmer 8 to 10 minutes, or until the lentils are tender and slightly broken down.



Make the apricot chutney:

While the dal cooks, in a medium pan (nonstick, if you have one), heat the remaining ghee on medium-high until melted. Add the remaining ginger and spice blend. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Add the apricots and ½ cup of water; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until most of the water has evaporated. Stir in the tamarind concentrate. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat; transfer to a bowl. Rinse and wipe out the pan.



Finish the dal:

Stir the spinach and Greek yogurt into the pot of dal. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined and the spinach has wilted. Remove from heat and season with salt and pepper to taste. Set aside in a warm place.



Coat & cook the salmon:

Pat the salmon fillets dry with paper towels; season with salt and pepper on both sides. Place the lentil flour on a plate. Coat both sides of each fillet in the lentil flour, tapping off any excess. In the same pan used to make the chutney, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets and cook 3 to 4 minutes per side, or until golden brown and cooked to your desired degree of doneness. Remove from heat.



Plate your dish:

Divide the finished dal and cooked salmon fillets between 2 bowls. Garnish with the cilantro. Serve with the apricot chutney on the side. Enjoy!