

Lentil-Crusted Salmon

with Spinach-Yogurt Dal & Apricot Chutney

Here, we're celebrating one of our favorite legumes by using it two ways. We're coating the salmon fillets in lentil flour. A light dusting of this specialty ingredient (simply finely-ground lentils) creates a delicate crust with a hearty, toasty flavor. And as a side, we're using whole lentils in a rich dal—a traditional Indian stew. Ours features quick-cooking, golden lentils, mixed with spinach and creamy Greek yogurt.



Ingredients

2 Salmon Fillets
½ 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
⅓ Cup Dried Apricots
¼ 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



1



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.

2



Start the dal:

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 **1½ 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.

3



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.

4



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.

5



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.

6



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!