

# Thai-Spiced Salmon

*with Coconut Lentils, Romano Beans & Yu Choy*

In Thai cuisine, lentils are often served in warming curry soups. This Thai-inspired dish offers a somewhat different, seasonal way to enjoy the legumes—with the same traditional flavors. We're combining French green lentils (an exceptionally fine, earthy variety that remains intact during cooking) with curry-spiced summer beans and yu choy. Finished with a light coconut-lime dressing and garnished with Thai basil, this cooling salad elegantly completes delicious, seared fillets of salmon.



## Ingredients

- 4 Skin-On Salmon Fillets
- 1 Cup French Green Lentils
- 6 Ounces Romano Beans
- 3 Scallions
- 2 Limes
- 1 Bunch Yu Choy
- 1 Large Bunch Thai Basil

## Knick Knacks

- 1 2-Inch Piece Ginger
- ½ Cup Coconut Milk Powder
- 1 Tablespoon Thai Curry Spice Blend  
(Lemongrass Powder, Ground Coriander, Ground Cardamom, Ground Ginger & Chile Powder)

**Makes 4 Servings**

**About 555 Calories Per Serving**

**Cooking Time: 35 to 45 minutes**





1

*Cook the lentils:*

Heat a medium pot of salted water to boiling on high. Once boiling, add the **lentils**. Cook 23 to 25 minutes, or until tender. Drain thoroughly and transfer to a large bowl.

2

*Prepare the ingredients:*

While the lentils cook, wash and dry the fresh produce. Trim off and discard the stem ends of the Romano beans; cut the beans into 1-inch pieces on an angle. Peel and mince the ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Trim off and discard the root ends of the yu choy; roughly chop the yu choy. In a medium bowl, whisk together the **coconut milk powder** and  $\frac{1}{4}$  **cup of water** until smooth. Pick the Thai basil leaves off the stems; discard the stems. Quarter the limes.

3

*Cook the vegetables:*

While the lentils continue to cook, in a large pan (nonstick, if you have one), combine the **Romano beans** and  $\frac{1}{2}$  **cup of water**; season with salt and pepper. Bring to a simmer on medium-high. Simmer, stirring occasionally, 7 to 9 minutes, or until the beans are tender and the water has evaporated. Add 2 teaspoons of oil. Add the **ginger**, **white bottoms of the scallions** and  $\frac{1}{4}$  **of the spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add the **yu choy**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the yu choy has wilted. Transfer to the bowl of cooked lentils. Wipe out the pan.

4

*Cook the salmon:*

Pat the **salmon fillets** dry with paper towels; season on both sides with salt, pepper and the **remaining spice blend**. In the pan used to cook the vegetables, heat 1 tablespoon of oil on medium-high until hot. Add the seasoned fillets, skin sides down. Cook 3 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

5

*Finish the lentils:*

Add the **coconut milk mixture**, **half the Thai basil** (roughly chopping before adding) and the **juice of 4 lime wedges** to the bowl of cooked lentils and vegetables. Stir to thoroughly combine; season with salt and pepper to taste.

6

*Serve your dish:*

Divide the **finished lentils** between 4 plates. Top each with a **cooked salmon fillet**. Garnish with the **green tops of the scallions** and **remaining Thai basil and lime wedges**. Enjoy!