



# BISTRO SALMON WITH DIJON LENTILS

**FAST & FRESH**

Balsamic Drizzle & Garlic Bread

**BOX TO PLATE: 15 MINUTES**

HELLO

## FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

## BUST OUT

2 PERSON | 4 PERSON

- Paper towels
  - Small bowl
  - Large pan
  - Small pot
  - Kosher salt
  - Black pepper
  - Cooking oil
  - Butter
- Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.

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**CALORIES: 910**

### 1 SIZZLE



**10 oz | 20 oz**  
Salmon  
Contains: Fish



**1 tsp | 2 tsp**  
Dried Thyme



**¼ oz | ½ oz**  
Parsley

- Wash and dry produce.
- Pat **salmon\*** dry; season all over with **half the thyme (you'll use the rest later)**, salt, and **pepper**.
- Drizzle **oil** in a hot large pan. Cook **salmon**, skin sides down, until skin is crisp, 5-7 minutes. Flip; cook until cooked through, 1-2 minutes more. Transfer to a plate.
- While salmon cooks, place **2 TBSP butter (4 TBSP for 4)** in a small microwave-safe bowl; bring to room temperature.
- Roughly chop **parsley**.

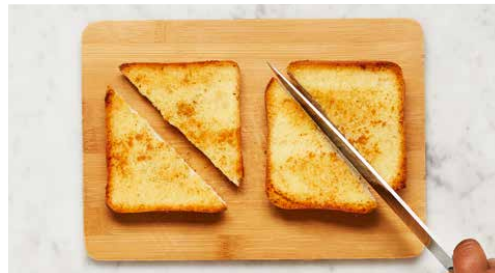


### 3 TOAST



**1 | 2**  
Ciabatta  
Contains: Soy, Wheat

- Halve and toast **ciabatta**.
- Stir **remaining garlic powder** into bowl with **softened butter**.  
**TIP: If butter is not yet softened, microwave for 5-10 seconds.**
- Spread cuts sides of **ciabatta** with **garlic butter**; halve on a diagonal.



### 2 SIMMER



**1 | 2**  
Lentils



**1 oz | 2 oz**  
Mirepoix Paste



**1 | 2**  
Mushroom Stock Concentrate



**2 tsp | 4 tsp**  
Dijon Mustard



**1 tsp | 2 tsp**  
Garlic Powder

- Meanwhile, in a small pot, combine **lentils and their liquid, mirepoix paste, stock concentrate, mustard, half the garlic powder (you'll use the rest later)**, and **remaining thyme**.
- Bring to a boil, then reduce to a simmer. Cook, stirring occasionally, until lentils are tender and warmed through, 4-6 minutes. **TIP: Move on to Step 3 while lentils are cooking!**



### 4 SERVE



**5 tsp | 10 tsp**  
Balsamic Glaze

- Top **lentils** with **salmon**; drizzle salmon with as much **balsamic glaze** as you like and garnish with **parsley**. Serve with **garlic bread** on the side.



\*Salmon is fully cooked when internal temperature reaches 145°.