

How to make:

# SALMONE CON LENTICCHIE

Serves 1

## Ingredients:

- 1dsp olive oil
- 1 salmon fillet 170-200g (de-scaled)
- 1 slice Parma ham
- 2dsp garlic oil (olive oil + chopped garlic)
- Small red onion, finely chopped
- 140g tinned lentils
- 25g fresh leaf spinach
- 50g green beans
- Salt and pepper to taste

## Preparation:

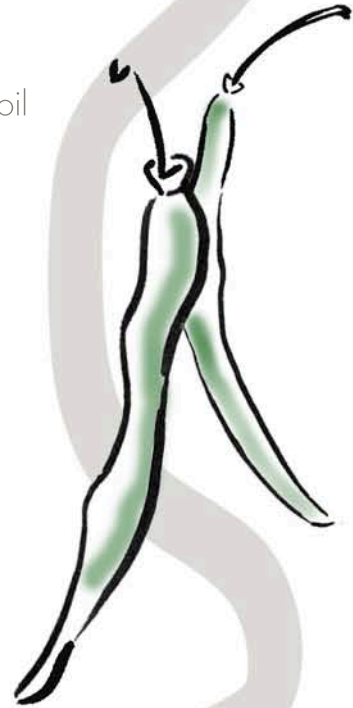
1. Chop garlic and add to olive oil. Leave to infuse for at least 1 hour.
2. Boil the green beans in salted water until tender. Cool in very cold water, drain and put aside.
3. Season the salmon fillet with salt and pepper (remove skin if you prefer) and wrap in the slice of Parma ham.

## Cooking:

1. Pre-heat oven to 200° C (gas mark 6)
2. Heat olive oil in a pan and sear the salmon until golden. Turn it over, then put it in the oven for 8-10 mins.
3. Heat olive oil and garlic oil in a saucepan and add chopped onion.
4. Add the onions to the saucepan with olive oil and sweat on low heat. Once softened add lentils and season with salt and pepper.
5. While everything is cooking (remember to stir the lentils regularly!), prepare the dressing by combining lemon juice, honey and mustard. Season this mixture with salt and pepper. With a whisk, slowly add extra virgin olive oil - not too much or the dressing will 'split'!
6. If the lentils are looking dry, add a drizzle of olive oil. Add the washed spinach to the lentils, fold in until wilted.
7. Once the salmon has cooked, remove from the pan and discard any excess oil. Add the green beans to the pan and fry gently to absorb the flavours of the salmon.
8. Put the beans and spinach & lentil mix on a plate, top with the salmon and drizzle over the dressing.

## Mustard and honey dressing:

- 1dsp lemon juice
- 1tsp honey
- 1/4tsp English mustard
- Salt and pepper
- 2-3dsp Extra virgin olive oil



Cucina Italiana