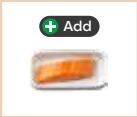




# French-Inspired Lentil Salad

## with Herby Goat Cheese and Walnuts

Veggie 30 Minutes



Salmon Fillets, skin-on  
250 g | 500 g

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Lentils, canned  
1 | 2
- Goat Cheese  
1 cup | 2 cup
- Ciabatta Roll  
1 | 2
- Arugula and Spinach Mix  
56 g | 113 g
- Shallot  
1 | 2
- Celery  
3 | 6
- Parsley  
7 g | 14 g
- Lemon  
1 | 2
- Whole Grain Mustard  
1 tbsp | 2 tbsp
- Honey  
1 | 2
- Walnuts, chopped  
28 g | 56 g
- Garlic Salt  
1 tsp | 2 tsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, oil

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, small pot, strainer, zester

1



### Pickle shallots

• Before starting, wash and dry all produce.

- Peel, then thinly slice **shallot**.
- Zest, then juice **lemon**.
- Add **shallots, lemon juice, honey** and **1 tbsp** (2 tbsp) **water** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat. Transfer **shallots**, including **pickling liquid**, to a large bowl.

4



### Toast walnuts

- Meanwhile, heat a large non-stick pan over medium.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn.)
- Transfer to a plate.

2



### Prep

- Meanwhile, finely chop **parsley**.
- Thinly slice **celery** crosswise.
- Cut **ciabatta** into ½-inch pieces.
- Using a strainer, drain and rinse **lentils**.

5



### Toast croutons

- Reheat the same pan over medium.
- When hot, add **1 tbsp oil**, then **ciabatta**. (**NOTE:** Don't overcrowd the pan; cook croutons in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until golden-brown on all sides, 3-5 min.
- Transfer **croutons** to the plate with **walnuts**.

3



### Marinate lentils

+ Add | **Salmon Fillets, skin-on**

- Add **mustard, lemon zest, half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to the bowl with **shallots** and **pickling liquid**. Season with **pepper**, then stir to combine.
- Add **lentils** and **celery**, then toss to combine.

6



### Finish and serve

+ Add | **Salmon Fillets**

- Add **croutons** and **arugula and spinach mix** to the bowl with **marinated lentils**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **salad** between plates. Top with **goat cheese, parsley** and **toasted walnuts**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Marinate lentils and cook salmon

+ Add | **Salmon Fillets, skin-on**

If you've opted to add **salmon**, pat **salmon** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side. \*\* Wipe out pan before using to toast **walnuts** in step 4.

### 6 | Finish and serve

+ Add | **Salmon Fillets, skin-on**

Top **salads** with **salmon**.