



Smart Salmon and Lemony Lentil Bowls

with Garlicky Feta Crema

Carb Smart

Calorie Smart

Quick

25 Minutes



Salmon Fillets, skin-on



Baby Spinach



Sour Cream



Garlic, cloves



Lentils



Lemon



Feta Cheese, crumbled



Sweet Potato

HELLO FETA

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Baking sheet, vegetable peeler, medium non-stick pan, measuring spoons, strainer, zester, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Lentils	370 ml	740 ml
Baby Spinach	113 g	227 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Garlic, cloves	2	4
Sweet Potato	170 g	340 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.

Contact

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Prep

Using a strainer, drain and rinse **lentils**. Peel, then cut **sweet potato** into ½-inch cubes. Peel, then finely mince or grate **garlic**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Cook salmon

Heat a medium non-stick pan over medium-high heat. While the pan heats, pat **salmon** dry with paper towels. Season with **salt** and **pepper**. When hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Cook until **skin** is crispy, 4-5 min. Flip and cook until **salmon** is opaque and cooked through, 2-3 min.** Remove and discard skin, if desired. Using a fork, break up **salmon** into bite-sized pieces.



Roast sweet potatoes

Add **sweet potatoes** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender, 16-18 min.



Warm lentils

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec. Add **lentils** and **¼ tsp salt** (dbl for 4 ppl). Cook, stirring often, until **lentils** are warmed through, 2-3 min. Remove the pan from heat. Drizzle **½ tbsp lemon juice** (dbl for 4 ppl) and sprinkle **remaining lemon zest** over the pan. Add **spinach**, then stir until slightly wilted. Season with **pepper**, to taste.



Make feta crema

Meanwhile, add **feta**, **sour cream**, **half the garlic**, **half the lemon zest**, **½ tbsp lemon juice** and **½ tbsp water** (dbl both for 4 ppl) to a small bowl. (NOTE: Reference garlic guide.) Using a fork, mash until almost smooth.



Finish and serve

Divide **lentils** between bowls. Top with **sweet potatoes** and **salmon**, then drizzle **feta crema** over top. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!