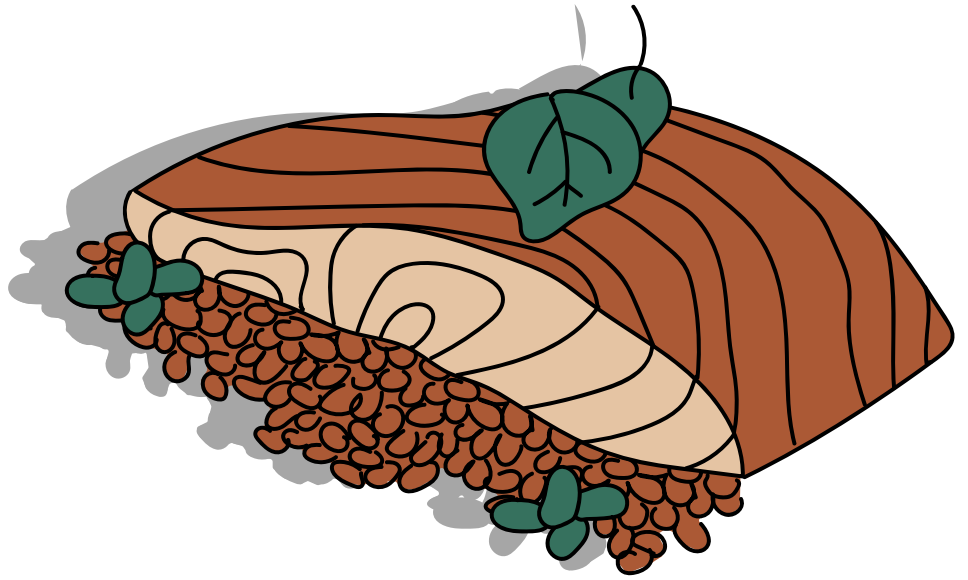


PENTA's SALMON FILET



INGREDIENTS

155g salmon
130g beluga lentils
80g baby spinach, washed
30g broad beans, shelled

15g butter, chopped
5g lemon, juice and zest
3g parsley, chopped

PREPARATION

1. Prepare the lentils in advance according to the instructions, drain and put aside.
2. Remove the skin of the salmon, making sure not to remove too much of the flesh and cut into 155g portion sizes.
3. To make the sauce, melt butter and add lemon and parsley.
4. Sauté lentils with a little butter over a gentle heat.
5. Add broad beans and cook for a further 5 minutes, or until they are done to your preference.
6. Add baby spinach and cook until spinach leaves are wilted.
7. Season to taste and add to your bowl or plate.
8. Meanwhile, heat a stainless steel or cast iron skillet over medium-high heat.
9. Once hot, add salmon to the pan with the blood line facing up.
10. Cook until the salmon is a golden brown in colour, flip and cook for an additional few minutes (how long will depend on the thickness of your salmon and how you like it cooked).
11. Transfer to a paper towel-lined plate for a few minutes to rest.
12. Add to your lentil mix to serve and pour over the lemon herb butter.