Salmon Fillets with Warm Cucumber Lentils

2 plates, each with 1 salmon fillet and half the warm cucumber-lentil mixture · Active 25 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 2 boneless skinless Atlantic farmed salmon fillets (300 g total raw)
- 1/2 cup dry whole green or brown lentils (100 g)
- 3 1/3 cups drinking water (800 ml), for boiling and draining lentils
- 1/2 large cucumber, cut into small half-moons (200 g, skin on)
- 1/2 small onion, finely diced (60 g)
- 2 teaspoons olive oil (10 ml/about 9 g), divided equally
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 1 tablespoon finely chopped fresh dill (5 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/8 teaspoon black pepper (0.3 g)

Set out

2-litre/2-quart saucepan, Sieve, 28 cm/11-inch nonstick skillet, Broad fish spatula, Clean cooked-food plate, Separate raw-fish board, Knife, Kitchen scale, Food thermometer, Paper towel

Allergens

Fish. Check labels and substitutions.

Make it

1. Sort and rinse lentils. Put them and the water in the saucepan, bring to a boil and simmer gently for 20–30 minutes, or the packet time, until tender through the centers. Add drinking water if needed to keep submerged. Drain well and cover off the heat.

2. Near the end of the lentil cooking, pat salmon dry, season with half the salt and the pepper and clean raw-fish equipment and hands. Heat 1 teaspoon/5 ml oil in the skillet over medium heat. Cook salmon for about 4–5 minutes on the first side and 3–5 minutes on the second, depending on thickness, until the thickest part reaches 145°F/63°C. Transfer to a clean plate.

3. Add the remaining 1 teaspoon oil and onion to the skillet and soften for 4–5 minutes over medium-low heat. Add cucumber and turn for 1 minute, then fold in the drained warm lentils, lemon, dill and remaining salt. Warm for 1–2 minutes without stewing the cucumber.

4. Divide the warm lentil mixture between 2 plates and set one cooked salmon fillet on each. Serve promptly.

A useful kitchen skill

Judge two ingredients independently: lentils need tender centers, and salmon needs its own safe center temperature. One ingredient finishing early does not make the other ready.

A useful detail

The 55-minute total allows the salmon to cook while lentils finish, then a short cucumber finish. Lentils can take longer with age. The estimate uses 100 g dry lentils and raw farmed Atlantic salmon, not equal cooked weights or a different fish species.

Keep it well

Refrigerate leftovers promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat only the needed portion to 165°F/74°C throughout; the cucumber will soften further on reheating. Do not keep fish warm at room temperature while waiting for lentils.