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## Thai Salmon Over Lentil Mash

Yield: 4 servings

Time: 40 minutes total

### *For the Lentil Mash:*

3 cloves of garlic, minced  
1 large white onion, diced  
2 shallots, diced  
3 tbsp. fresh minced ginger  
1 tbsp. extra virgin olive oil  
¼ tsp. salt  
2 tsp. curry powder  
3½ cups chicken stock  
2 cups red lentils, sifted thru for stones and rinsed  
¼ cup coarsely chopped fresh cilantro

### *For the Salmon:*

Four 6-oz salmon filets  
2 tsp. curry powder  
1½ tsp. ground ginger  
½ tsp. salt  
1/8 tsp. ground pepper  
1-2 tbsp. honey



1. Preheat the oven to 390°F.
2. Place the chicken stock in a medium-sized saucepan and bring to a boil. Stir in the red lentils, reduce the heat to medium-low, and cover. Simmer for 25-30 minutes, until the stock has been absorbed and the lentils are tender. (Red lentils tend to get mushy instead of holding their shape once cooked. That's our goal here, so don't worry if it looks like baby food!)
3. Meanwhile, combine the garlic, onion, shallots, fresh ginger, olive oil, salt, and 2 tsp. curry powder in a medium sauté pan. Cook over medium heat until the onions are softened, about 8-10 minutes. Set aside.
4. Place the salmon in a lightly greased baking dish. In a small mixing bowl, combine 2 tsp. curry powder, the ground ginger, salt, and pepper. Mix to evenly distribute all of the spices. Sprinkle over the salmon filets. Lightly drizzle the salmon with honey. Book at 390°F until cooked through, about 18 minutes.
5. Once the lentils are ready, toss the onion mixture and the lentils together. Fold in the chopped cilantro.
6. Spread some of the mashed lentils on a plate, and top with the cooked salmon. Enjoy!