

Lachs und Puy-Linsen mit Petersilie

754

Typ: Fisch

Quelle: https://www.bbc.co.uk/food/recipes/salmon_and_pu

Bemerkungen: Der Fenchel wird in 10 min unter dem Grill nie weich; besser vorher in etwas Butter andünsten. Mit den Linsen kann man auch etwas Curry und Kaffir-Limettenblätter kochen

Zutaten:

- 200 g Puy lentils
- 1 bay leaf
- 200 g fine green beans, chopped
- 25 g flat leaf parsley, chopped
- 2 tbsp Dijon mustard
- 2 tbsp capers, rinsed and chopped
- 2 tbsp olive oil
- 2 lemons, finely sliced
- salmon fillets, about 500 g in total
- 1 fennel bulb, finely sliced
- dill sprigs, to garnish
- salt and freshly ground black pepper

Rezept: Put the lentils in a saucepan with the bay leaf and enough cold water to cover. Bring to the boil, reduce to a simmer and cook for 30 minutes or until tender. Season to taste with salt and freshly ground black pepper. Add the beans and simmer for a further 5 minutes.

Drain the lentils and discard the bay leaf. Stir in the parsley, mustard, capers and oil.

Preheat the grill to a hot setting.

Arrange the lemon slices on a foil-lined grill pan and place the salmon (skin up) and fennel slices on top. Season the salmon and fennel with salt and freshly ground black pepper. Cook under the grill for about 10 minutes, or until the salmon is cooked through.

Place the salmon on top of the lentils and fennel slices, garnish with dill sprigs and serve.