



Honey mustard grilled salmon with Puy lentils



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 lemon zest



2 tsp wholegrain mustard



1 tbsp clear honey



2 fillet salmon skinless



2 tsp rapeseed oil



5 spring onion sliced



175 g beetroot diced cooked (not in vinegar)



250 g pack ready-to-eat puy lentils

- ☐ 10 basil leaves
- ☐ 2 handfuls rocket

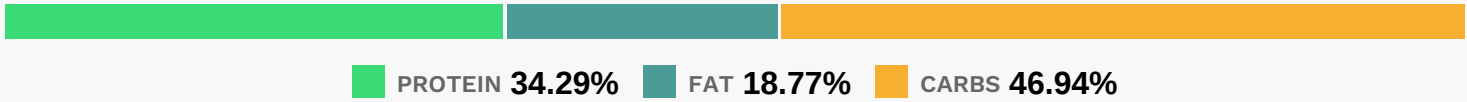
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ Turn the grill to high and line a baking tray with foil.
- ☐ Mix the lemon zest and juice, mustard and honey.
- ☐ Put the salmon on the tray, brush with a little of the dressing, then grill for 5–7 mins there is no need to turn the salmon over until it flakes easily when tested with a knife.
- ☐ Meanwhile, heat the oil in a wok and cook the spring onions and beetroot. Tip in the lentils with 4 tbsp water, cover the pan and cook for 2 mins to heat through. Tip into a bowl and toss with the remaining dressing, the basil and rocket.
- ☐ Serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:141.14, Glycemic Load:8.91, Inflammation Score:-9, Nutrition Score:42.23739124381%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg

7.39mg, Kaempferol: 7.39mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 836.37kcal (41.82%), Fat: 17.11g (26.32%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 96.25g (32.08%), Net Carbohydrates: 53.11g (19.31%), Sugar: 18.45g (20.5%), Cholesterol: 93.5mg (31.17%), Sodium: 216.74mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.3g (140.61%), Fiber: 43.14g (172.54%), Selenium: 64.71µg (92.45%), Vitamin K: 95.66µg (91.1%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.5mg (74.82%), Vitamin B3: 13.94mg (69.72%), Iron: 12.38mg (68.79%), Folate: 178.79µg (44.7%), Vitamin B2: 0.73mg (43.14%), Phosphorus: 403.8mg (40.38%), Potassium: 1297.64mg (37.08%), Vitamin B5: 3.11mg (31.1%), Vitamin B1: 0.45mg (29.9%), Vitamin C: 23.48mg (28.46%), Copper: 0.55mg (27.43%), Manganese: 0.48mg (23.97%), Magnesium: 89.17mg (22.29%), Vitamin A: 981.13IU (19.62%), Calcium: 177.46mg (17.75%), Zinc: 1.68mg (11.23%), Vitamin E: 1.11mg (7.43%)