



Spring Thyme Salmon with Berry Fresh Lentil Salad

Make the Main Dish, Side Dish, and Salad at the Same Time

Salmon Marinade:

- 1/4 cup soy sauce
- 1 teaspoon grated fresh ginger
- 1/2 Tablespoon pepper or lime leaf infused maple syrup
- 1 teaspoon Dijon mustard
- 1-pound fresh boneless salmon filet

In a small saucepan, combine the soy sauce and ginger; bring to a simmer. Remove from heat; stir in the maple syrup and mustard. Place salmon in marinating dish; coat with marinade. Cover; place in refrigerator for 1 hour or ready to use.

Pickled Blueberries Relish:

- 3 Tablespoons lime leaf or pepper infused maple syrup
- 1/4 cup red wine vinegar
- 1 cup fresh blueberries
- 1/2 teaspoon whole coriander seeds
- 1 Tablespoon fine minced green onion
- 1 teaspoon fresh thyme leaves, divided

1 Tablespoon chopped green onions

Stir maple syrup and vinegar in a microwave safe medium bowl. Cook in microwave oven on high power for 30 seconds or until warm. Stir in blueberries, coriander seeds and fine minced green onions. Set aside to marinate. Before serving, stir in thyme leaves and chopped green onions.

Cook Lentils:

1 cup green lentils, washed, sorted

3-1/2 cups water

2 Tablespoons olive oil

Place lentils and water in medium saucepan. Cook to boiling; stir; reduce heat to simmer; cover; cook about 18 to 20 minutes or until tender. Drain any excess water from lentils. Rinse with cold water; drain; toss with olive oil to coat. Set aside.

Oven Roasted Salmon:

1 Tablespoon olive oil

1 teaspoon butter

2 cups mixed spring lettuce or as desired

1 mini cucumber, sliced

Thyme sprigs as desired for garnish

Preheat oven to 400 degrees F.

Remove fish from marinade; set marinade aside in small saucepan.

Line baking pan with aluminum foil; combine oil and butter; spread over bottom of prepared baking pan. Place salmon, skin side down on baking pan. Bake in preheated oven uncovered at 400 degrees F for 12 to 15 minutes, depending on fish thickness or tests 145 degrees F doneness at the thickest part.

Drain the pickling liquid from the blueberries; Set blueberries aside.

Stir pickling liquid into cooked lentils.

Line platter with spring lettuce leaves as desired. With slotted spoon, place lentils in center of serving plate.

Cook the remaining marinade on the stove until boiling. Remove from heat. Stir in the liquid from the lentils to be used as a dressing for salad. Place salad dressing in small bowl; garnish with mini cucumber slices and thyme sprigs.

Remove salmon from baking pan; place skin side down or remove skin; place over cooked lentils. Spoon blueberry relish over fish. Serve with side dish of salad dressing. Serves: 4

Cook's Note: I love the infused ginger soy sauce. It adds a zest to the relish without having a strong ginger taste.

About the Recipe: This is a beautiful dish to serve for that special occasion. It blends savory, salty, and sweet with spring-like freshness. The marinade for the salmon and relish flavor the fish, lentils, blueberry relish, and salad greens. It's a real "mix and match" delightful dinner.