

## Lentils with Salmon

200g Mount Zero French Green Lentils  
1 bouquet garni  
200g fresh fillet of Atlantic salmon  
1 finely chopped red onion  
1 bunch chives, finely chopped  
Mount Zero Extra Virgin Olive Oil  
balsamic vinegar  
salt  
freshly ground black pepper

Roast the lentils dry in a non-stick frying pan until they smell like roasted hazelnut. Put the lentils in a casserole and cover with water. Add the bouquet garni and cook covered over medium heat for 20 minutes. Add salt after 10 minutes. Reduce the heat when all the water has been absorbed.

Cut the salmon fillets into squares and place them on the lentils. Add salt and pepper. Cook for a further 5 minutes. The fish must be pink. Prepare a vinaigrette with the olive oil, the balsamic vinegar and some salt and pepper. Serve the lentils with a skimmer onto a hot plate and decorate with the salmon. Sprinkle the onions and chives over the dish and drizzle with vinaigrette.

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