Salmon with Lentils

2 Tablespoons olive oil

1 onion, minced

1 celery rib, sliced thin

1 carrot, peeled and sliced thin

1/4 cup + 1 1/2 teaspoons salt

1 garlic clove, minced

1 Tablespoon tomato paste

1/2 teaspoon dried thyme

1 1/2 teaspoons pepper

2 1/2 cups water

1 cup lentils

1 Tablespoon sherry vinegar

2 teaspoons Dijon mustard

4 salmon filets

Heat 1 T. oil in saucepan.

Saute onion, celery, carrot and 3/4 t. salt, 8 minutes.

Add garlic, tomato paste, thyme and pepper.

Cook 2 minutes.

Stir in water and lentils.

Bring to a boil.

Cover and simmer 40-50 minutes.

Dissolve 1/4 c. salt in water.

Add salmon and let sit for 15 minutes.

Remove salmon from brine and pat dry.

Sprinkle with 3/4 t. each salt & pepper.

Place salmon, skin side down, in hot skillet and cook 6-8 minutes without moving.

Flip salmon and cook an additional 5-8 minutes.  (125 internal temperature)

Stir vinegar, mustard and 1 T. oil into lentils.

Season with salt and pepper.

Divide lentils among bowls.

Arrange salmon over lentils to serve.