

Trout with Indian Lentils (Masoor Dal)

Scott Gee

Another healthy recipe which is good for entertaining.
Pretty easy and fast after the prep time.



Ingredients (serves 4)

2 tablespoons vegetable oil
1 1/2 teaspoon cumin seeds
3/4 teaspoon mustard seeds
1/2 teaspoon fennel seeds
3 whole dried red chilies
2 shallots, chopped
1" ginger, minced
1 jalapeno, seeded, minced
8 oz white mushrooms, sliced
6 garlic cloves, minced
1 cup of red lentils
2 1/2 cups water
14 oz diced fire roasted tomatoes
1 teaspoon salt
3/4 teaspoon turmeric powder
1/2 teaspoon cayenne pepper
1 teaspoon coriander
1 lime, juiced
4 medium trout fillets, skin removed

Garnish

1 bunch cilantro, chopped
1/2 cup crushed cashews
1/2 cup crumbled goat cheese

Kitchen Tools

Instant Pot or other pressure cooker
Large covered skillet

Instructions

Rinse the lentils. Set the pot to SAUTE HIGH and add the oil. When hot add the cumin, fennel and mustard seeds and dried chilies and stir until the mustard seeds pop, about 1-2 minutes. Add the shallots, jalapeño and ginger and saute for 3-4 minutes. Add the mushrooms and garlic and saute for 3-4 minutes. Add the lentils, water, tomatoes, salt, turmeric, cayenne and coriander. Gently stir to combine.

Cover and seal the pot. Push CANCEL then MANUAL HIGH 5 MINUTES. After 5 minutes allow for a 5 minute natural pressure release then quick release any residual pressure. Check the lentils for tenderness. Mash some of the lentils with a spoon against the side of the pot until the desired thickness is achieved. Taste and add salt and cayenne if needed. Stir in the lime juice.

Transfer the lentils to a large skillet and bring to a simmer. Lay the trout fillets on top of the lentils and cover with a lid. Cook until the trout flakes easily, about 5-10 minutes. Garnish with cilantro, cashews and goat cheese. Serve in the skillet with basmati rice or naan bread.