

Naturopathic Dinner: Pan-Fried Salmon with Lemon-Garlic Lentils (serves 2)

Why this is a brilliant naturopathic dinner (benefits)

- Hormone & mood support: Salmon provides omega-3 fats (EPA/DHA) which support inflammation balance, brain function, and hormonal signalling.
 - Blood sugar stability: Lentils are high in fibre & slow-release carbs, helping steadier energy and fewer evening cravings.
 - Gut & microbiome: Lentils feed beneficial gut bacteria (prebiotic fibre). Herbs and lemon support digestion.
 - Iron & magnesium & folate: Lentils are rich in key minerals and B vitamins that support energy, stress resilience, and healthy red blood cells.
 - Protein for repair: Salmon & lentils = a very satiating, high-protein meal to support muscle recovery and healthy body composition.
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Ingredients

For the salmon

- 2 salmon fillets (120–160g each), skin on if possible
- 1 tbsp olive oil (or avocado oil)
- Sea salt + black pepper
- 1/2 tsp garlic powder (optional) or 1 clove garlic (finely grated)
- 1/2 lemon (for squeezing)

For the lentils

- 1 cup cooked lentils (about 240g)
(or 1 x 400g tin lentils, drained and rinsed)
- 1 tbsp olive oil
- 1 small onion or 2 spring onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp Dijon mustard (optional)
- 1 tbsp lemon juice (plus zest if you like)
- 250–300ml veg or chicken stock (use less if using cooked/tinned lentils)
- 2 big handfuls spinach or kale (optional but great)
- 1 tsp ground cumin or 1/2 tsp smoked paprika (optional)
- Handful chopped parsley (or coriander)

Optional naturopathic boosts

- 1 tsp capers (great with salmon)

- 1 tbsp tahini stirred into lentils for creaminess + minerals
 - 1 tbsp pumpkin seeds/hemp seeds on top
 - Pinch chilli flakes (circulation + metabolism support)
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Method

1) Make the lentils (10–12 minutes)

1. Heat 1 tbsp olive oil in a pan. Sauté onion for 3–4 minutes until soft.
2. Add garlic (and cumin/paprika if using) for 30 seconds.
3. Add lentils + stock. Simmer 4–6 minutes to warm through and reduce slightly.
 - If using tinned lentils, start with ~150ml stock and add more only if needed.
4. Stir in spinach/kale to wilt (1–2 minutes).
5. Finish with Dijon (optional), lemon juice, parsley, salt and pepper. Turn heat low while you cook salmon.

2) Pan-fry the salmon (8–10 minutes total)

1. Pat salmon dry. Season both sides with salt and pepper.
2. Heat 1 tbsp oil in a non-stick or stainless pan on medium-high.
3. Place salmon skin-side down and don't move it for 4–5 minutes (this crisps the skin).
4. Flip and cook 2–4 minutes more depending on thickness (salmon should flake easily but stay juicy).
5. Squeeze lemon over at the end (or add a tiny knob of butter if you're not dairy-free).

3) Serve

Spoon lentils into bowls, top with salmon, and finish with extra lemon, herbs, and seeds if you like.

Easy swaps (to fit your goals)

- For fat loss: keep lentils to ~3/4 cup cooked per person and add more greens.
- For higher calories/maintenance: add roasted sweet potato or sourdough on the side, and drizzle extra olive oil.