



## Warm Courgette, Basil and Lentil Salad With Fish or Tofu

Serves 2

### Ingredients:

- 1 (160g) red onion, peeled
- 2 Tablespoons extra virgin olive oil
- 2 (200g-250g) green courgettes/zucchinis
- 10 (90g) cherry tomatoes
- 2 Handfuls green leaves such as finely chopped kale or chard or cavalo nero
- 1 handful basil leaves
- ½ cup cooked lentils from a tin/can
- 1 Tablespoon live apple cider vinegar
- 2 filets/300g white fish or 300g firm tofu, sliced

### Method:

Cut the onion in half, then into thinish wedges, about 6 wedges for each half side. Put the oil, onion and tomatoes into the pan on low heat to soften for about 10 minutes. Pop a lid on the pan whilst doing this so the onions don't catch.

Using a potato peeler, peel off ribbons of courgette/zucchini.

Once the onion is soft, add the greens to wilt for about a minute.

Then add the courgette/zucchini ribbons, basil and lentils; Warm in the pan for about a minute. Take care not to over cook the courgette/zucchini ribbons, they barely need cooking, only warming.

Add a pinch of sea salt and a few grinds of pepper, drizzle over the vinegar and tip out onto serving plates.

Into the warm oiled pan add the fish filets, and cook on both sides, then pop on top of the warm salad. If using tofu, this is already cooked so only needs warming in the pan.

Season fish/tofu with salt and pepper, then tip out on top of the salad.

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