

# Smoked Haddock with Lemon-Dill Puy Lentils

*Delicate smoked fish nestled on a bed of protein-rich French lentils with fresh herbs—a blood sugar-friendly meal that's both satisfying and elegant.*

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 2

GL 4.0 / GI 21

## Ingredients

**Low GI of 22 - excellent for blood sugar control** Puy lentils

**Provides fiber and flavor without significant glycemic impact** small onion, finely chopped

**Medium GI but small amount in mirepoix is acceptable** carrot, finely chopped

**Very low calorie, adds crunch and minerals** celery stick, finely chopped

**Choose low-sodium variety; liquid doesn't impact GI** vegetable stock

**Adds creaminess with minimal impact on blood sugar** half-fat crème fraîche

**Fresh herbs add flavor without calories or carbs** fresh dill, chopped

**Bright flavor, negligible glycemic impact** lemon zest

**Lean protein helps stabilize blood sugar response** smoked haddock fillets

**Nutrient-dense leafy green with minerals for glucose metabolism** baby spinach leaves

# Instructions

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## Step 1

Place the Puy lentils in a medium saucepan along with the finely chopped onion, carrot, and celery. Pour the vegetable stock over the ingredients and bring the mixture to a rolling boil over high heat.

## Step 2

Once boiling, give everything a good stir to distribute the vegetables evenly. Reduce the heat to low, cover the pan with a lid, and let simmer gently for 20-25 minutes until the lentils are tender but still hold their shape.

## Step 3

While the lentils cook, prepare the herbed cream by combining the crème fraîche with half of the chopped dill and the lemon zest in a small bowl. Season lightly with salt and pepper, then set aside to let the flavors meld.

## Step 4

Arrange the smoked haddock fillets in a shallow microwave-safe dish. Add a splash of water (about 2 tablespoons) to create steam. Cover the dish tightly with microwave-safe plastic wrap or a lid, leaving a small vent for steam to escape.

## Step 5

Microwave the haddock on medium power for 4-6 minutes, checking after 4 minutes. The fish is done when it flakes easily with a fork and appears opaque throughout. Set aside and keep warm.

## Step 6

When the lentils are perfectly tender and have absorbed most of the stock, add the baby spinach leaves. Stir gently until the spinach just begins to wilt—this should take only 30-60 seconds.

## Step 7

Fold the herbed crème fraîche mixture into the lentils and spinach, stirring until everything is evenly coated and creamy. Taste and adjust seasoning if needed with additional salt and pepper.

### Step 8

Divide the lemon-dill lentils between two warmed shallow bowls or plates. Place a smoked haddock fillet on top of each portion, then garnish with the remaining fresh dill. Serve immediately while hot.