

California Asparagus with Salmon and Lemony Orzo

4 tablespoons coriander seed
1 teaspoon black peppercorns
2 teaspoons kosher salt
3 tablespoons freshly squeezed lemon juice
1 tablespoon freshly grated lemon zest
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup extra-virgin olive oil
1 pound fresh California asparagus, trimmed and cut into 2-inch pieces
1 pound orzo



6 salmon fillets, about 4 ounces each
1 tablespoons olive oil
1/4 cup minced parsley leaves

In a medium sauté pan, over medium heat, toast the coriander seeds, stirring constantly, just until fragrant and beginning to brown. Immediate transfer the seeds to a spice grinder or mortar and pestle. Add the peppercorns and grind until fine. Stir in the salt. Set aside.

In a large bowl, combine the lemon juice, lemon zest, salt and pepper. Whisk to combine. Whisk in the extra-virgin olive oil; set aside.

Bring a large saucepan of salted water to a boil over high heat. Add the asparagus and cook until tender crisp, about 2 minutes. Transfer the asparagus to a colander, refresh under cold running water to stop the cooking, and drain well. Set aside a few of the pretty tips for garnish.

Cook the pasta according to the package directions. Drain well. Allow to cool for 5 minutes. Pour the dressing over the orzo and stir to combine.

Heavily dust both sides of the salmon fillets with the spice mixture.

In a large sauté pan, heat the olive oil over medium high heat. Add the salmon and cook until golden brown, about 3 minutes. Turn and cook until golden brown and the flesh is opaque, about 3 minutes more.

To serve, stir the asparagus and parsley into the orzo. Divide the orzo evenly among 6 serving plates. Top each with a salmon fillet. Garnish with the reserved asparagus tips and serve immediately.

Serves 6

Nutrients per serving: calories 620; calories from fat 223; fat 26 gms; saturated fat 4 gms; cholesterol 67 mg; sodium 1237 mg; carbohydrate 60 gms; dietary fiber 6 gms, protein 37 gms.

For a high-quality, high-resolution photo go to: <http://www.calaspphoto.com/>