

goodFOOD

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EXCLUSIVE RECIPE

One-pot salmon & asparagus orzo

SERVES 4-6 PREP 10 mins COOK 20 mins EASY

This speedy one-pot recipe is great as a midweek meal, but also special enough for a relaxed dinner party. Samuel Goldsmith

2 tbsp vegetable oil
1 red onion, finely chopped
2 garlic cloves, crushed or finely grated
10g parsley, leaves and stalks separated, both finely chopped
150ml white wine
750ml vegetable or chicken stock

1 lemon, $\frac{1}{2}$ zested and juiced, $\frac{1}{2}$ cut into wedges
400g orzo
4 skinless salmon fillets
200g asparagus, chopped
75g mascarpone
parmesan, to serve (optional)

1 Heat the oil in a large saucepan or frying pan over a medium-low heat. Fry the onion for 6-8 mins until softened but not golden. Stir in the garlic and parsley stalks and cook for 2 mins before turning the heat up to medium and pouring in the wine. Bring to a simmer and cook for 1-2 mins to cook off the alcohol.

2 Pour the stock into the pan and stir in the lemon zest, juice and orzo. Season well with salt and freshly ground black pepper and cook for 4 mins before nestling the salmon in. Cook for 3 mins, then tip in the asparagus and stir gently to cover.

If it's starting to seem a bit dry, pour in a little water. Cook for 3 mins more, until the salmon is cooked through and the asparagus and orzo is tender.

3 Spoon in the mascarpone and stir in the remaining parsley, breaking up the cooked salmon fillets into chunky flakes. Serve sprinkled with parmesan, if you like.

GOOD TO KNOW omega-3

PER SERVING (6) 567 kcals • fat 23g • saturates 7g • carbs 54g • sugars 4g • fibre 5g • protein 29g • salt 0.9g