

Crispy Salmon & Barley-Fennel “Risotto”

with Fresh Herb & Walnut Salad

There's nothing quite as warming as risotto. Though it's traditionally made with rice (slow-cooked to create a thick porridge), here we tried something a little different. Instead, we're using barley to give this dish a unique heartiness. Served with flaky salmon topped with an aromatic, crunchy herb and walnut salad, this dish is fine dining brought right into your kitchen!



Ingredients

- 2 Skin-On Salmon Fillets
- $\frac{3}{4}$ Cup Pearled Barley
- 6 Ounces Brussels Sprouts
- 1 Fennel Bulb With Fronds
- 1 Lemon
- 1 Red Onion
- 1 Bunch Tarragon
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter
- 3 Tablespoons Walnuts
- $\frac{1}{8}$ Teaspoon Fennel Pollen

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the salmon from the refrigerator to bring to room temperature. Cut off and discard the root ends of the Brussels sprouts; separate the leaves. Pick off and reserve the fennel fronds (the thread-like tops of the plant). Thinly slice the fennel stems; small dice the bulb. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and small dice the onion. Pick the parsley and tarragon leaves off the stems; discard the stems. Roughly chop the walnuts.

2



Cook the aromatics:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **fennel stems and bulb** and **red onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.

3



Start the risotto:

Add the **barley** to the pot of fennel and onion. Cook, stirring frequently, 30 seconds to 1 minute, or until toasted. Add the **lemon zest** and **4 cups of water**; season with salt and pepper. Increase the heat to high and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 18 to 20 minutes, or until the barley is tender. Remove from heat.

4



Toast the walnuts & make the salad:

While the risotto cooks, heat a dry, medium pan (nonstick, if you have one) on medium until hot. Add the **walnuts** and toast, stirring frequently, 2 to 4 minutes, or until lightly browned and fragrant. Transfer to a medium bowl and let cool slightly. Once cooled, add the **parsley, tarragon, fennel fronds** and the **juice of 1 lemon wedge**. Drizzle with olive oil and toss gently to coat; season with salt and pepper to taste. Set aside. Wipe out the pan.

5



Cook the salmon:

While the risotto continues to cook, season the **salmon** with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned salmon**, skin side up first; cook, loosely covering the pan with aluminum foil, 3 to 4 minutes per side, or until the salmon has reached your desired degree of doneness. Transfer to a plate.

6



Finish & plate your dish:

Add the **Brussels sprouts, butter** and the **juice of the remaining lemon wedges** to the **risotto**. Drizzle with olive oil and stir until well combined; season with salt and pepper to taste. To plate your dish, divide the risotto and **salmon** between 2 dishes. Top with the **walnut-herb salad**. Garnish with the **fennel pollen**. Enjoy!