Salmon and lemon orzo, with cabbage, peas and onions in coconut milk, balsamic vinegar, brown sugar, oregano and brown mustard — parmesan over the top.



Salmon with Lemon Orzo & Cabbage, Peas and Onions

The game plan

Boil the orzo and finish it with lemon and lemon zest. Cook the vegetables before the salmon: cabbage, peas and onions in olive oil, then the balsamic vinegar, brown sugar, oregano, and spicy brown mustard, coconut milk last, and the chopped tomatoes dropped on top at the end. Cook the salmon last, and put parmesan over the top.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Salmon: 2 fillets, about 6 oz each
- Orzo: 1 cup dry (about 6 oz)
- Lemon: 1, for juice and zest
- Olive oil: 2–3 Tbsp
- Sesame oil: 1 tsp, for brushing
- Herbs: 1–2 Tbsp chopped fresh (dill or parsley), or 1 tsp dried
- Cabbage: about 4 cups chopped (¼ of a medium head)
- Peas: 1 cup (frozen is fine)
- Onion: 1 medium, sliced
- Tomato: 1 medium, chopped (added at the end)
- Coconut milk: ½ cup
- Balsamic vinegar: 1 Tbsp
- Brown sugar: 1–2 tsp
- Oregano: ½ tsp dried
- Brown mustard (spicy): 2 tsp
- Parmesan: about ¼ cup grated, to serve
- Salt and black pepper

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Cook the lemon orzo

1. Bring a pot of salted water to a boil.
2. Add the orzo and cook until just tender, about 8–10 minutes — check the package directions.
3. Drain the orzo and return it to the pot.
4. Stir in the lemon juice and lemon zest. Cover and set aside to keep warm.



2. Cook the vegetables

1. Heat a tablespoon of olive oil in a large pan over medium heat.
2. Add the cabbage, peas, and onion. Cook, stirring now and then, until the cabbage softens and everything is almost cooked through, about 8–10 minutes.
3. Stir in the balsamic vinegar, brown sugar, oregano, and spicy brown mustard.
4. Add the coconut milk last, and let it cook for a couple of minutes.
5. Chop up the tomato and drop it on top at the end — don’t stir it in, so the tomatoes don’t get overcooked and mushy.



3. Cook the salmon

1. Put a little bit of olive oil in the pan before you start, over medium heat.
2. Lay the salmon in skin side up and cook for about five to six minutes, until it releases from the pan easily.
3. Flip it over and cook for another five to six minutes, until the fish is just cooked through and flakes easily.
4. Brush a little sesame oil and any type of herb you’d like on with a brush.
5. Flip it back over for a minute before it’s done, then take it off the heat.

Optional, for garlic lovers: cook chopped garlic in the oil for 30–60 seconds, shaking the pan so it doesn’t burn, and add it to the vegetables after they’re cooked.

Serve

Salmon and lemon orzo on the plate with the cabbage, peas, and onions; parmesan over the top.

