



The bottom inch of an asparagus stalk is woody and should be trimmed before cooking. Rather than cutting each stalk individually, keep the bunch bundled and roll the bottom rubber band up or down to use as a guide for chopping the bunch all at once.

WD
TEST
KITCHEN
tip

EASY ENTERTAINING

Mustard-Dill Salmon with Crispy Asparagus Fries

ACTIVE 25 MIN. • TOTAL 35 MIN.
SERVES 4

\$3.91
PER SERVING

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| 1 large egg | 1 Tbsp whole-grain mustard |
| Kosher salt and pepper | 3 Tbsp fresh lemon juice |
| $\frac{3}{4}$ cup flour | $1\frac{1}{4}$ lbs skinless salmon fillet, cut into 4 pieces |
| 1 cup panko | $\frac{1}{2}$ cup mayonnaise |
| 1 oz Parmesan, grated ($\frac{1}{2}$ cup) | 2 Tbsp chopped dill, plus more for topping |
| 1 lb asparagus (medium thickness), trimmed | |
| 2 Tbsp Dijon mustard | |

- 1 Heat oven to 425°F. In a shallow bowl, beat egg and $\frac{3}{4}$ tsp each salt and pepper. Place flour in another shallow bowl. In a large bowl, combine panko and Parmesan.
- 2 Working in batches, coat asparagus in flour, dip into egg, then coat in panko mixture, pressing to adhere. Place on a large rimmed baking sheet. Roast until golden brown and crisp, 12 to 15 minutes.
- 3 Meanwhile, in a small bowl, combine mustards and 2 Tbsp lemon juice. Season salmon with $\frac{1}{4}$ tsp salt and $\frac{1}{2}$ tsp pepper and place on a second baking sheet lined with nonstick foil. Spread mustard sauce evenly over tops of fish. Roast until opaque throughout, 10 to 12 minutes.
- 4 In a small bowl, combine mayonnaise, dill, and remaining Tbsp lemon juice. Serve salmon with asparagus and dill mayonnaise. Top with more dill if desired.

PER SERVING 630 CAL, 41 G FAT (7.5 G SAT), 38 G PRO, 960 MG SODIUM, 27 G CARB, 2 G FIBER