

Mustard-and-Coriander
Crusted Salmon

TOTAL: 25 MIN

4 SERVINGS

Pinot Gris from Alsace or Oregon typically has a lushness that can stand up to succulent fish like this roasted salmon, which is coated with a delicious, fragrant mix of Dijon mustard and spices.

1 tablespoon coriander seeds

1 teaspoon mustard seeds

Pinch of crushed red pepper

**1¼ pounds skinless salmon fillet
in one piece**

Salt and freshly ground black pepper

**1 tablespoon plus ½ teaspoon
Dijon mustard**

**1 tablespoon plus 1 teaspoon
extra-virgin olive oil**

1 tablespoon fresh lemon juice

**1 bunch watercress (6 ounces),
thick stems discarded**

**1 cup tightly packed flat-leaf
parsley leaves**

1. Preheat the oven to 425°. In a coffee grinder, coarsely grind the coriander seeds with the mustard seeds and crushed red pepper. Season the salmon fillet with salt and black pepper and spread 1 tablespoon of the mustard evenly over the fillet. Press the ground spices into the mustard.
2. In a large nonstick ovenproof skillet, heat 1 teaspoon of the oil. Add the salmon fillet, mustard side down, and cook over high heat until lightly browned, 2 to 3 minutes. Carefully turn the salmon. Transfer the skillet to the oven and roast the salmon for 6 minutes or until cooked through. Transfer the fillet to a cutting board.
3. Meanwhile, in a medium bowl, whisk the lemon juice with the remaining 1 tablespoon of olive oil and ½ teaspoon of mustard. Add the watercress and parsley, season with salt and pepper and toss to coat. Cut the salmon fillet into 4 pieces and serve with the salad. ●