



Grilled Mediterranean Salmon

with Creamy Orzo and Feta

Grill 30 Minutes



Salmon Fillets, skin-on



Baby Spinach



Orzo



Roma Tomato



Dill-Garlic Spice Blend



Tzatziki



Feta Cheese, crumbled



Lemon

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium-high heat.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, strainer, small bowl, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Baby Spinach	56 g	113 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Tzatziki	56 ml	113 ml
Feta Cheese, crumbled	¼ cup	½ cup
Lemon	1	2

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook orzo

- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-10 min.



Finish orzo salad

- Add **feta** to the medium bowl with **orzo**. Season with **salt** and **pepper**, then stir to combine.



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Juice **half the lemon**, then cut **remaining lemon** into wedges.
- Whisk together **tzatziki**, **half the Dill-Garlic Spice Blend** and **1 tbsp (2 tbsp) lemon juice** in a small bowl. Set aside.
- Once **orzo** is tender, drain, then rinse with cold water until cool to touch, 1-2 min. Drain any excess water.
- Transfer **orzo** to a medium bowl. Stir in **spinach**, **tomatoes** and **half the tzatziki dressing**.
- Place in the fridge to cool.



Finish and serve

- Divide **orzo salad** between plates.
- Using a fork, gently remove salmon skin, if desired.
- Top **salad** with **salmon**.
- Dollop **remaining tzatziki dressing** over **salmon**.
- Squeeze a **lemon wedge** over top, if desired.



Grill salmon

- Pat **salmon** dry with paper towels.
- Sprinkle with **remaining Dill-Garlic Spice Blend**, then season with **salt** and **pepper**.
- Add **salmon** to the grill, skin-side down. Close lid and grill until **salmon** is cooked through, 6-7 min.**
- Transfer **salmon** to a plate, then cover to keep warm.

Dinner Solved!