

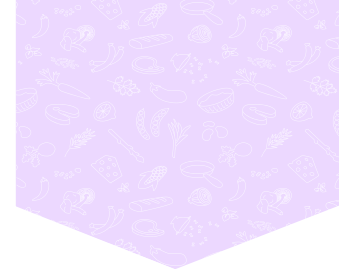


Italian Salmon with Baked Orzo

FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.
Thank you for your understanding & happy cooking!



-  Salmon Fillets, skinless
-  Orzo
-  Roma Tomato
-  Parmesan Cheese
-  Italian Seasoning
-  Zucchini
-  Garlic
-  Lemon
-  Parsley
-  Green Onions

HELLO ORZO

A type of pasta that is small and oval shaped!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry produce.

Bust Out

Large Non-Stick Pan, Strainer, Measuring Cups & Spoons, Paper Towels, 8x8-Inch Baking Dish, Microplane/Zester, Medium Pot

Ingredients

	4 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Parmesan Cheese	¼	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	200 g
Garlic	3 g	6 g
Lemon	1	2
Parsley	7 g	7 g
Green Onions	2	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
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 our meal kit labels for the most current allergen information.

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

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1. PREP

Add **6 cups water** and **1 tsp salt** to a medium pot. (**NOTE:** Use the same amounts for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Thinly slice **green onions**. Roughly chop **parsley**. Cut **zucchini** into ¼-inch slices. Cut **tomato** into ¼-inch pieces. Zest, then juice **1 lemon**. Cut **remaining lemon** into wedges.



4. BROIL BAKE

Transfer **orzo mixture** to a lightly-oiled 8x8-inch baking dish. Shingle **zucchini slices** over **orzo**. Drizzle over **½ tbsp oil** (dbl for 4 ppl), then sprinkle over **Parmesan**. Bake in the **middle** of the oven, until **zucchini** is tender-crisp, 10-12 min.



2. COOK ORZO

To **boiling water**, add **orzo**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. Meanwhile, pat **salmon** dry with paper towels. Sprinkle over **half the Italian seasoning**, then season with **salt** and **pepper**. When **orzo** is done, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and set aside.



5. COOK SALMON

Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.**



3. ASSEMBLE BAKE

Re-heat the same pot over medium heat. When the pot is hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt. Add **garlic**. Cook, stirring often, until fragrant, 30 sec. Remove pot from heat, then add **cooked orzo**, **lemon zest**, **green onions**, **tomatoes**, **reserved pasta water**, **half the parsley**, **remaining Italian seasoning** and **1 tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**. Stir to combine.



6. FINISH AND SERVE

When **zucchini** is tender-crisp, turn oven to a high broil. Broil in the **middle** of the oven, until **cheese** is golden-brown, 2-3 min. Divide **salmon** and **baked orzo** between plates. Sprinkle over **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!