



Italian Salmon with Baked Orzo

Family

35 Minutes



Salmon Fillets,
skinless



Roma Tomato



Italian Seasoning



Garlic



Parsley



Orzo



Parmesan Cheese



Zucchini



Lemon



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

Measuring cups, measuring spoons, microplane/zester, strainer, large non-stick pan, 8x8-inch baking dish, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Parmesan Cheese	¼ cup	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

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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Add **6 cups water** and **1 tsp salt** to a medium pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While the **water** comes to a boil, 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 **half the lemon**. Cut **remaining lemon** into wedges.



Bake orzo

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



Cook orzo and prep salmon

Add **orzo** to the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. While the **orzo** cooks, pat **salmon** dry with paper towels. Sprinkle with **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.



Cook salmon

While the **orzo** bakes, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.**



Assemble orzo

Heat the same pot over medium. When 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 **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.



Broil orzo, finish and serve

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

Dinner Solved!