



# Italian-Seasoned Salmon with Baked Orzo

Family Friendly 35 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Salmon Fillets, skinless



Barramundi



Orzo



Roma Tomato



Parmesan Cheese, grated



Italian Seasoning



Zucchini



Garlic, cloves



Lemon



Green Onions

### HELLO ORZO

Orzo is a type of pasta that is small and oval shaped!

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Barramundi	282 g	564 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Parmesan Cheese, grated	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	200 g
Garlic, cloves	1	2
Lemon	1	1
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 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.*

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## Prep

Add **6 cups water** and **2 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, peel, then mince or grate **garlic**. Thinly slice **green onions**. Cut **zucchini** into ¼-inch rounds. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



## Bake orzo

Transfer **orzo mixture** to a lightly-oiled 8x8-inch baking dish (9x13-inch for 4 ppl). Layer **zucchini rounds** 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 **orzo** cooks, pat **salmon dry** with paper towels. Sprinkle **half the Italian Seasoning** over **salmon**, then season with **salt and pepper**. When **orzo** is done, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain **orzo** and set aside.

### CUSTOM RECIPE

If you've opted to get **barramundi**, prepare and season it the same way the recipe instructs you to prepare and season the **salmon**.



## Cook salmon

While **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, 2-3 min per side.\*\*

### CUSTOM RECIPE

To cook **barramundi**, while **orzo** bakes, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.\*\*



## Assemble orzo

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



## Broil orzo, finish and serve

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

## Dinner Solved!