



Italian-Seasoned Salmon

with Baked Orzo

Family Friendly 35 Minutes



Salmon Fillets, skin-on



Double Salmon Fillets, skin-on



Orzo



Roma Tomato



Parmesan Cheese, grated



Italian Seasoning



Zucchini



Garlic, cloves



Lemon



Green Onion

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!

HELLO ORZO

It looks like rice but it's actually pasta!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 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	400 g
Garlic, cloves	2	4
Lemon	1	1
Green Onion	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.

Contact

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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.
- Meanwhile, 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.
- Meanwhile, 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.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**.



Pan-fry salmon

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 2-3 min per side.**



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 and serve

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

Dinner Solved!