



# Lemon-Pepper Roasted Salmon

## with Warm Orzo and Spinach Salad

Family Friendly

Quick

Spicy

25 Minutes



Salmon Fillets,  
skinless



Orzo



Tzatziki



Baby Spinach



Feta Cheese,  
crumbled



Roma Tomato



Lemon-Pepper  
Seasoning



Parsley



Mixed Olives

### HELLO TZATZIKI

*A yogurt-based sauce found in cuisines ranging from Southeast Europe to the Middle East!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Orzo	170 g	340 g
Tzatziki	56 ml	113 ml
Baby Spinach	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	80 g	160 g
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Parsley	7 g	14 g
Mixed Olives	30 g	60 g
Oil*		
Salt*		

\* 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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### 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, 6-8 min.



### Assemble salad

When **orzo** is tender, reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain **orzo** well. Add **orzo** and **reserved pasta water** to the large bowl with **spinach-tzatziki mixture**. Season with **salt**, then stir to combine.



### Roast salmon

While **water** comes to a boil, pat **salmon** dry with paper towels. Season with **half the Lemon-Pepper Seasoning** and **salt**. Arrange **salmon** on a lightly-oiled, foil-lined baking sheet. Drizzle **2 tsp oil** (dbl for 4 ppl) over top. Roast in the **middle** of the oven until **salmon** is cooked through, 7-10 min. \*\*



### Finish and serve

Divide **orzo salad** between plates. Top with **olives**, if desired, then **salmon**. Sprinkle **remaining parsley** and **feta** over top.

## Dinner Solved!



### Prep

While **salmon** roasts, cut **tomato** into ½-inch pieces. Roughly chop **spinach**. Roughly chop **parsley**. Add **spinach**, **tomatoes**, **tzatziki**, **half the parsley** and **remaining Lemon-Pepper Seasoning** to a large bowl. Drain, then roughly chop **olives**.