



Roasted Dill-Garlic Salmon

with Warm Orzo and Spinach Salad

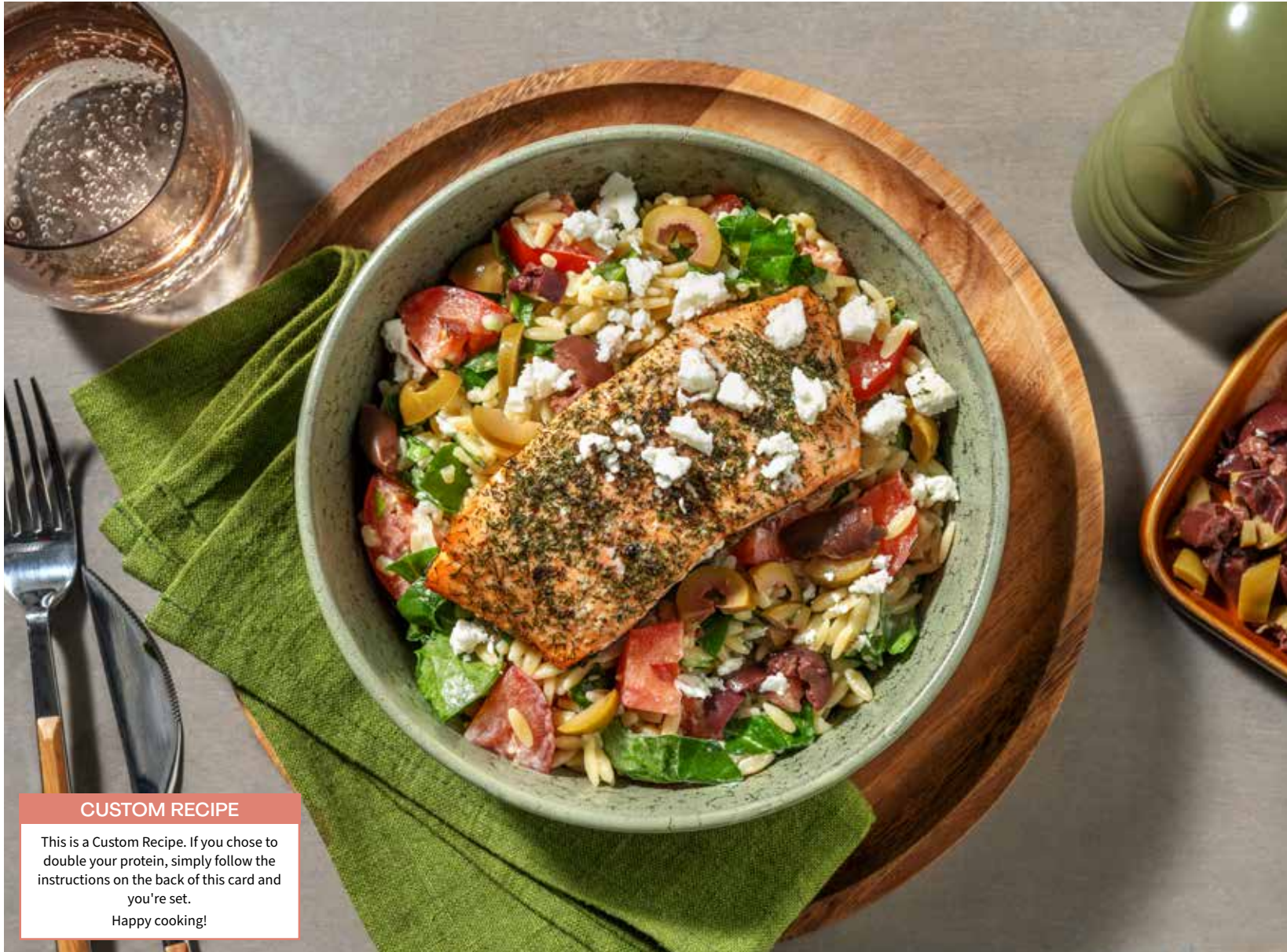
Family Friendly

Quick

20-30 Minutes



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Salmon Fillets,
skin-on



Orzo



Baby Spinach



Roma Tomato



Mixed Olives



Double Salmon Fillets,
skin-on



Yogurt Sauce



Feta Cheese,
crumbled



Dill-Garlic Spice
Blend

CUSTOM RECIPE

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

Happy cooking!

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, measuring cups, large pot, 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
Yogurt Sauce	45 ml	90 ml
Baby Spinach	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	95 g	190 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Mixed Olives	30 g	30 g
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.

1



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.

2



Roast salmon

- Meanwhile, pat **salmon** dry with paper towels.
- Sprinkle with **half the Dill-Garlic Spice Blend**, then season with **salt** and **pepper**.
- Arrange **salmon** on a lightly oiled, foil-lined baking sheet, skin-side down. Drizzle **2 tsp** (4 tsp) **oil** over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 7-10 min.**

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**.

3



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Add **spinach**, **tomatoes**, **yogurt sauce** and **remaining Dill-Garlic Spice Blend** to a large bowl.
- Drain, then roughly chop **olives**.

4



Assemble salad

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

5



Finish and serve

- Divide **orzo salad** between plates.
- Top with **olives**, then **salmon**.
- Sprinkle **feta** over top.

Dinner Solved!



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