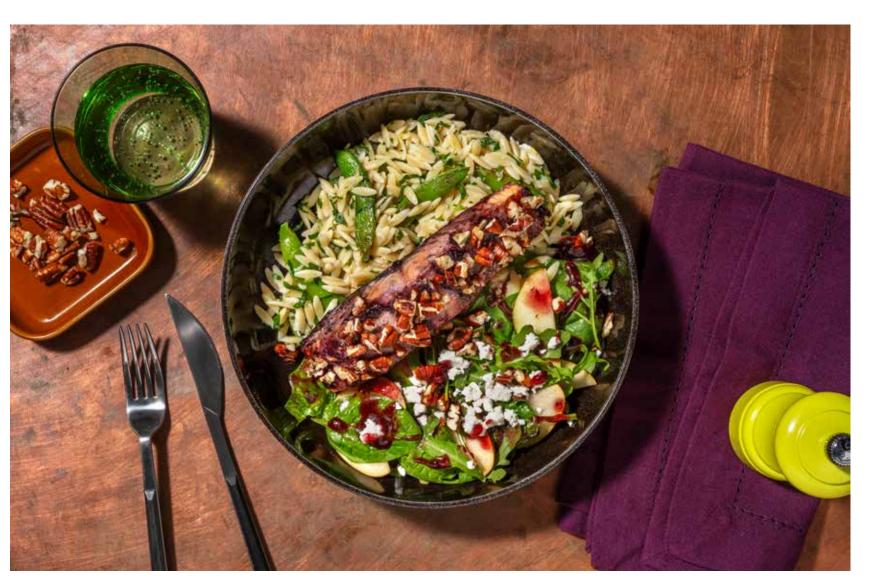


# Blueberry-Pecan Crusted Salmon

with Lemon-Parmesan Orzo and Pear Salad

Farmer's Market 30 Minutes





Salmon Fillets, skin-on 250 g | 500 g



170 g | 340 g







Arugula and Spinach Mix 56 g | 113 g





Lemon 1 2







7 g | 14 g

Cheese, shredded ¼ cup | ½ cup



1/4 cup | 1/2 cup



2 tbsp | 4 tbsp



Pecans 28 g | 56 g



Blueberry Jam 2 | 4

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. Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, zester



# Start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 8 cups water and 1 tsp salt to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Line a baking sheet with parchment paper.
- Trim sugar snap peas.
- Add sugar snap peas and ½ tbsp (2 tbsp) oil to one half of prepared baking sheet. Season with salt and pepper. Toss to coat.



## Prep and roast salmon

- Combine half the blueberry jam and half the garlic spread in a small bowl.
- Pat salmon dry with paper towels, then season with salt and pepper. Arrange salmon on other half of baking sheet, beside sugar snap peas. Spread blueberry-garlic mixture over salmon.
- Sprinkle half the pecans over salmon, pressing gently to adhere.
- Roast in the bottom of the oven until sugar snap peas are tender and golden and salmon is cooked through, 8-12 min.\*\*



#### Cook orzo

- Add orzo to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ¼ cup (½ cup) pasta water, then drain and return orzo to the same pot, off heat.



# Finish prep

- Meanwhile, juice then zest **lemon**.
- Core, then thinly slice half the pear (use all for 4 ppl).
- Roughly chop parsley.
- Add remaining blueberry jam, 1 tbsp (2 tbsp) lemon juice and ½ tbsp (1 tbsp) oil to a large bowl. Season with salt and pepper. Stir to mix. (This is your dressing!)



#### Finish orzo

 Add roasted sugar snap peas, parsley, lemon zest, Parmesan cheese, remaining garlic spread and reserved pasta water to orzo. Season with salt and pepper. Stir to mix. (TIP: if you like a lemony orzo, add any extra juice to taste!)



## Finish and serve

- Add pear and arugula and spinach mix to bowl with blueberry dressing. Toss to coat.
- Divide **orzo**, **salmon** and **salad** between plates.
- Sprinkle goat cheese and remaining pecans over salad.

Measurements within steps 1 tbsp (2 tbsp) oil 2 person 4 person Ingredie