















# Blueberry-Pecan Crusted Salmon

with Lemon-Parmesan Orzo and Pear Salad

Farmer's Market 30 Minutes



	
Salmon Fillets, skin-on 250 g   500 g	Orzo 170 g   340 g
	
Pear 1   2	Arugula and Spinach Mix 56 g   113 g
	
Lemon 1   2	Sugar Snap Peas 113 g   226 g
	
Parsley 7 g   14 g	Parmesan Cheese, shredded 1/4 cup   1/2 cup
	
Goat Cheese 1/4 cup   1/2 cup	Garlic Spread 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper

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

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

1



### 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.

2



### 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.\*\*

3



### 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.

4



### 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!)

5



### 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!)

6



### 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**.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.