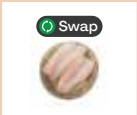




Cal Smart Lemon Butter-Basted Salmon with Orzo

Smart Meal

30 Minutes



Tilapia

300 g | 600 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g



Lemon
1 | 1



Orzo
170 g | 340 g



Sugar Snap Peas
113 g | 227 g



Dill
7 g | 7 g



Baby Tomatoes
113 g | 227 g



Garlic, cloves
2 | 4



Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | Pepper, oil, salt, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, strainer, zester

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Roughly chop **half the dill** (all for 4 ppl).
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

2



Roast veggies

- Add **snap peas, tomatoes, 1 tsp** (2 tsp) **oil** and **half the garlic** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 8-10 min.

3



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Reserve **2 tbsp** (4 tbsp) **pasta water**, then drain and return **orzo** to the same pot, off heat.

4



Cook salmon

[Swap](#) | [Tilapia](#)

- Meanwhile, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **butter**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side.**

5



Finish orzo

- Add **reserved pasta water, dill, remaining garlic, remaining garlic salt, 1 tbsp** (2 tbsp) **lemon juice** and **½ tbsp** (1 tbsp) **butter** to **orzo**.
- Season with **pepper**, then stir to combine.

6



Finish and serve

- Divide **orzo, salmon** and **roasted veggies** between plates.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

4 | Cook tilapia

[Swap](#) | [Tilapia](#)

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. Cook **tilapia** until golden-brown and cooked through, 2-3 min per side.**

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